

Day 7: Inner Landscape

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Synopsis

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inLanguagei¼š	english

The goal of this visual meditation is to create an inner landscape and practice diaphragmatic breathing. You'll concentrate on seeing air enter and leave your body.

Please note: all Aaptiv audio-fitness programs, including those in your Audible library, will become unavailable after Sept 5, 2019.

Reader's comments

comment 1:

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