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nearing the end of teaching my yoga classes, I share the daily passages with my students (who for the majority have always been women). It's a wonderful little book and one that all us busy females can certainly ...

Book Review: Meditations for Women

Page 25/33

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If you're looking to relieve some work-related stress, a good place to start is this simple guided meditation. The teacher (Andy Puddicombe, co-founder of Headspace and an expert in mindfulness and meditation) leads you through the steps of a basic relaxation meditation technique. At the

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