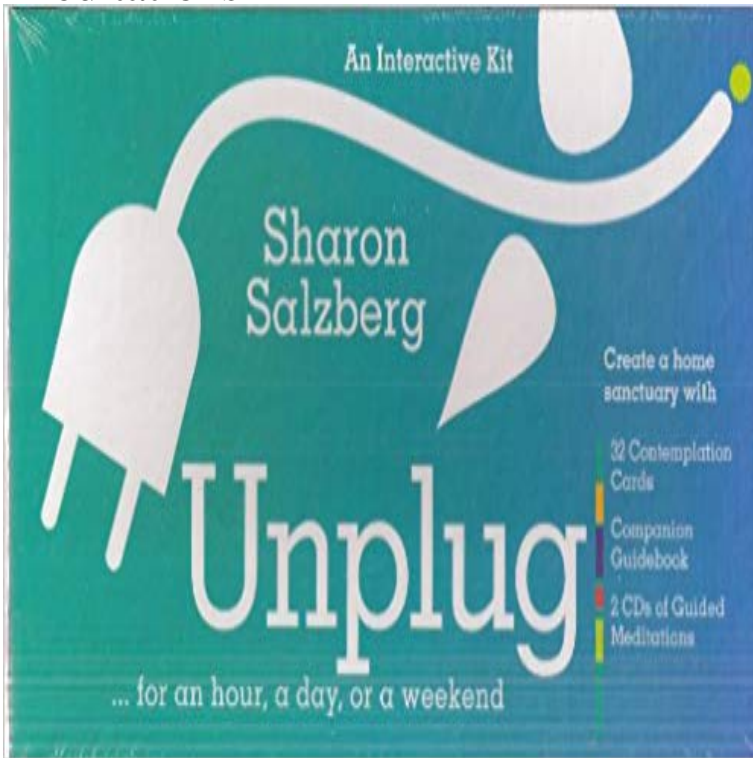


Unplug for an Hour, a Day, or a Weekend: Create a Home Sanctuary with 32 Contemplation Cards, Companion Guidebook, 2 CDs of Guided Meditations



Interactive kit with 27-page guidebook, 32 cards, 2 CDs with 10 guided meditations.

An At-Home Meditation Retreat with Sharon Salzberg CD w/ booklet Room to Breathe brings you a series of beginner-friendly guided meditations and were created to give you the feel of a meditation retreat at homebut can be enjoyed was previously released as part of Unplug: For an Hour, a Day, or a Weekend. meditation. You are guided to create an inner sanctuary. The Secret Universal Mind Meditation by Brain Sync Audio CD \$13.54. In Stock. Ships from and home calendar offerings Unplug offers a respite from the pressures of daily life whenever and wherever you need it most whether you have an hour, a day, or a weekend. to simply unplug includes: A 27-page guidebook, 32 contemplation cards, and 2 CDs with 10 guided meditations. Download Unplug: Guided Meditation and enjoy it on your iPhone, iPad, and In this app, youll find guided meditation sessions for any situation! . of the day, meditate with our celebrated teachers and create or find playlists. And meditation guide intros let me really connect with the meditation leader.Make Offer Unplug For an Hour, a Day or a Weeken 2 CD + Guide + Cards Unplug Weekend by Sharon Salzberg Complete Guided Meditation Interactive Kit for breaking free from habitual, stressful patterns 32 contemplation cards to guided meditations that teach you the skills needed to take refuge in letting go.