

MedDNA 44 second meditation mp3

📅 Fri, 4/1 8:29AM ⌚ 1:00

SUMMARY KEYWORDS

breathe, eyes, exhale, close, step, moment

Hi everyone, so quickly I would like you to stop whatever you are doing.

Take a step back.

Close your eyes.

Breathe in. Exhale. Breathe in. Exhale.

Take a moment.

Notice where you are at.

And then open your eyes and carry on with your day.