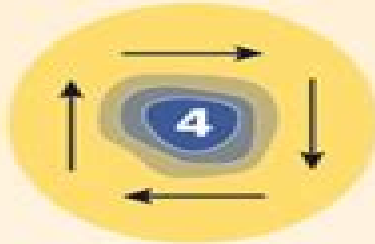


10 Types of Meditation



Focused
breathing



Box
breathing



Anxiety relief
meditation



Transcendental
meditation



Mindfulness
meditation



Walking
meditation



Trauma-informed
meditation



Mantra
meditation



'Do nothing'
meditation



Nature-inspired
meditation

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