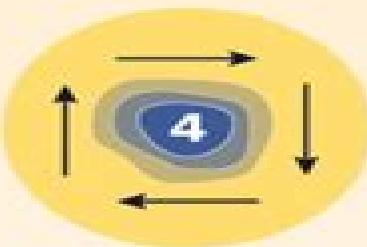


# 10 Types of Meditation



Focused breathing



Box breathing



Anxiety relief meditation



Transcendental meditation



Mindfulness meditation



Walking meditation



Trauma-informed meditation



Mantra meditation



'Do nothing' meditation



Nature-inspired meditation

# Meditation Techniques Simple Relaxation Attacks

**Liying Dong**

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