

Meditations To Try

L	Z	U	U	E	A	T	I	N	G	D	N	L	G
O	Z	A	C	Y	A	D	T	E	N	I	A	N	N
V	E	G	S	R	T	G	Y	I	O	K	C	L	I
I	N	O	Y	E	Y	K	Y	K	I	A	S	I	H
N	M	Y	N	G	E	H	A	R	T	A	Y	G	T
G	E	I	T	A	U	T	I	B	D	H	D	L	A
K	D	N	S	M	N	A	N	S	E	A	O	U	E
I	I	I	N	I	Y	V	L	N	U	N	B	K	R
N	T	L	Y	D	E	L	T	D	E	G	B	G	B
D	A	A	D	E	H	C	G	B	I	A	V	T	Y
N	T	D	D	D	G	I	B	E	A	T	D	E	L
E	I	N	B	I	G	D	G	S	E	H	D	E	L
S	O	U	A	U	E	R	D	I	A	A	I	I	E
S	N	K	N	G	G	A	A	N	A	T	G	G	B

Belly Breathing

Body Scan

Eating

Gatha

Guided Imagery

Kundalini Yoga

Loving Kindness

Zen Meditation