



Body Scan Meditation: Mindfulness Meditation for Stress Relief, Emotional Health, Anxiety Relief, Muscle Tension and Stress Reduction

Ryan Murphy

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Your body is there for you every second of the day, and it's easy to forget about it. Checking in with your physical body through meditation can help you become aware of areas where tension has built up and where you need to relax more. We often carry tension in certain parts of our bodies, which later physically start to hurt. This meditation will help you ease that tension so you can feel more relaxed instantly.

This meditation will help you:

- Reconnect with your physical self
- Easily release tension
- Relieve accumulated stress within your body and mind

This audiobook consists of one 15- to 20-minute meditation session with three different soundtrack options:

1. Peaceful Solitude
2. Epiphany
3. Heavenly Bliss

Reconnecting with your physical self will make you more aware, more connected, and more relaxed.

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