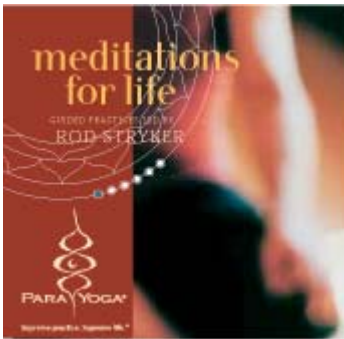
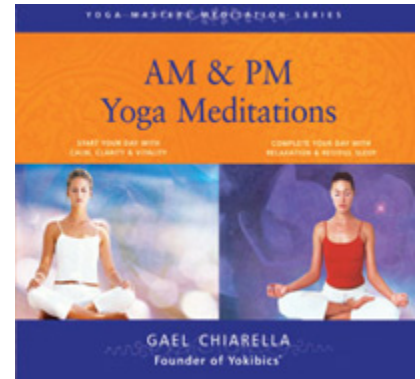


Meditation Favorites

Below are a few of my favorite meditation resources you might like to try. Giving yourself 15-20 minutes of quiet time each day is the small habit with the big impact.

[AM/PM Yoga Meditations by Gael Chiarella:](#)

This is a 2 CD set with four 15-minute AM meditations and four 15-minute PM meditations. Even though yoga is in the title, these are guided meditations only and do not involve elaborate yoga poses. These meditations are very accessible, relaxing, and empowering.



[Meditations for Life by Rod Stryker](#)

[Meditations for Inner & Outer Peace by Rod Stryker:](#)

Guided by one of the country's preeminent yoga and meditation teachers, each of these CDs features three powerful, easy to follow 20-minute practices.

[The Ribbon Breath Meditation CD & Booklet](#) [by Ticia Agri:](#)

The Ribbon Breath Meditation is a journey through the chakras – the energy system of the human body – to promote body, mind, emotional, and spiritual health and balance.



Please note: I do not receive monetary incentives for recommending these products.