

Meditation For Beginners - Clement



Some people think meditation is something that takes years to learn.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$15.99

Sales price without tax \$15.99

Tax amount

[Ask a question about this product](#)

Description

The truth is, it's a very natural state of awareness that can be developed in just a few minutes each day. The benefits of meditation are infinite!

- Develop concentration
- Learn to focus your attention
- Relax your body and mind quickly and easily
- Release fears
- Increase your health and wellness
- Exchange old habits for new ones
- Identify personal goals and aspirations
- Discover which meditation method works best for you

Reviews

There are yet no reviews for this product.