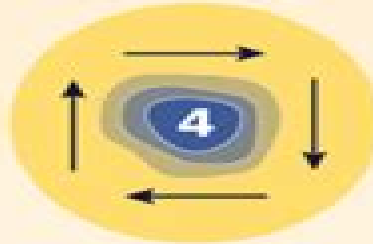


10 Types of Meditation



**Focused
breathing**



**Box
breathing**



**Anxiety relief
meditation**



**Transcendental
meditation**



**Mindfulness
meditation**



**Walking
meditation**



**Trauma-informed
meditation**



**Mantra
meditation**



**'Do nothing'
meditation**



**Nature-inspired
meditation**

Guided Meditation Examples

Brendan G. Carr



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