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ten-minute , breathing , practice that we  
can use to deepen our awareness of our ,  
breath , and remain ...

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spending a few minutes focused on your  
, breathing , . A 5-minute Mindful ,  
Breathing , mindfulness ...



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Buddhist nun. Her message? The gift of ,

happiness , truly lies within our own

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Known Sooner von Face Yoga Method  
vor 2 Jahren 7 Minuten 2.555.023  
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they can get the most benefit out of,  
right? And if I...

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Aufrufe This talk was given at a local  
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vor 3 Tagen 34 Sekunden 1 Aufruf  
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