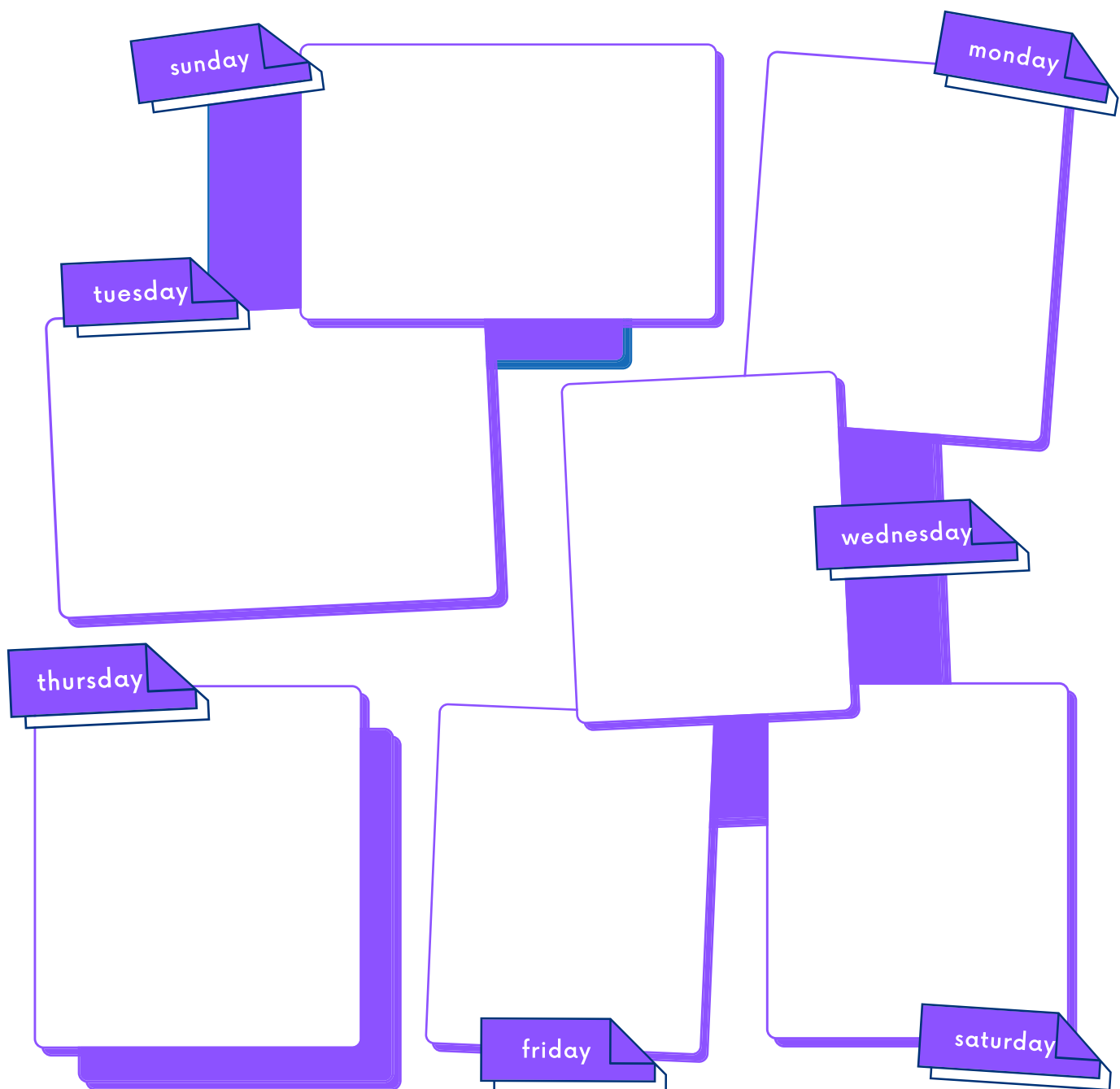


# My week of 10 minute body scan meditations

What thoughts, feelings and physical sensations did you experience?



sunday

monday

tuesday

wednesday

thursday

friday

saturday

Reflect on your week. What did you notice? How do you feel?

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