www.TheMindfulMigraine.Blog

Mindfulness Mini-Course

6 hours / 36 clickable activities

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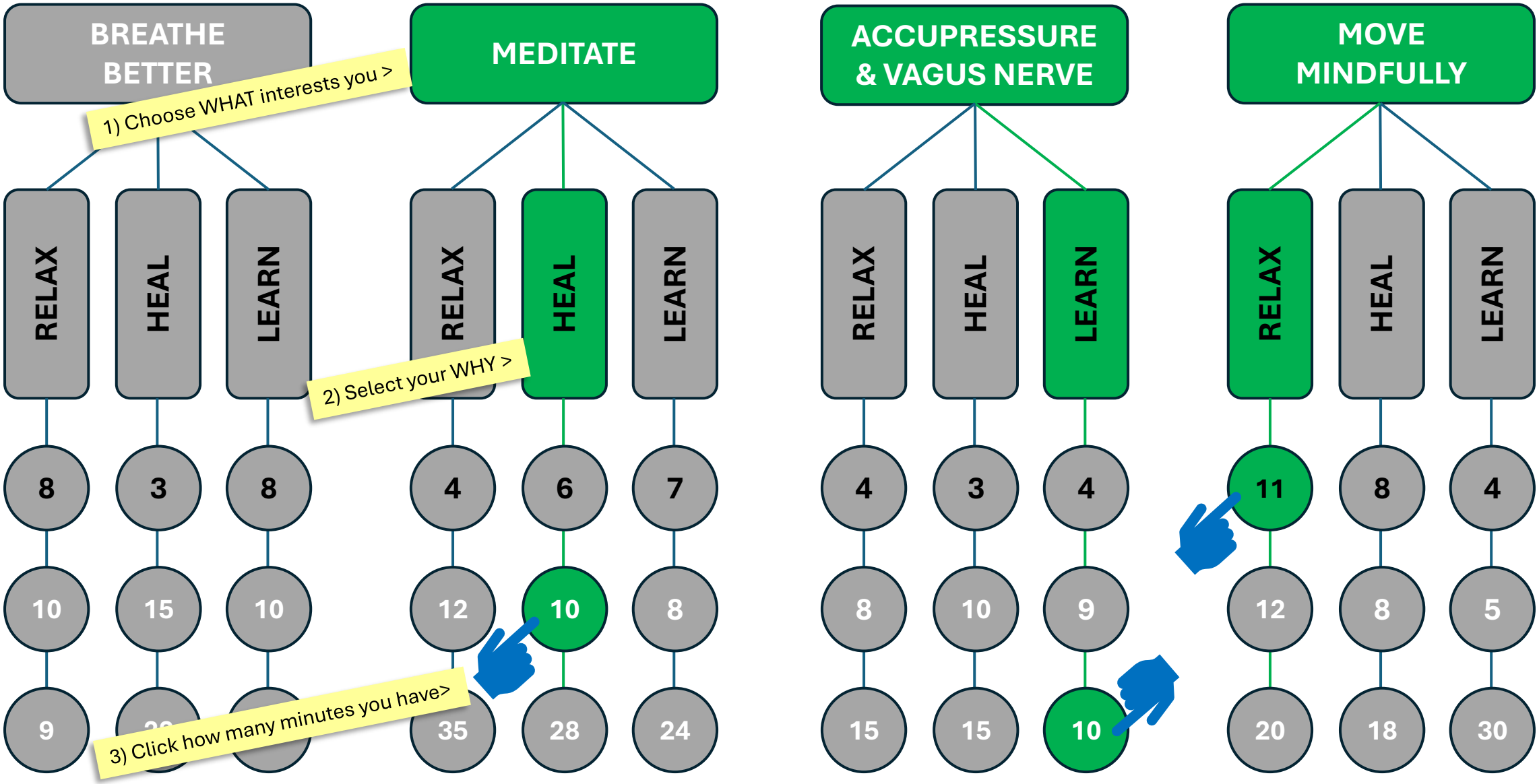
INTERACTIVE EXPLORATION OF MINDFULNESS FOR BEGINNERS



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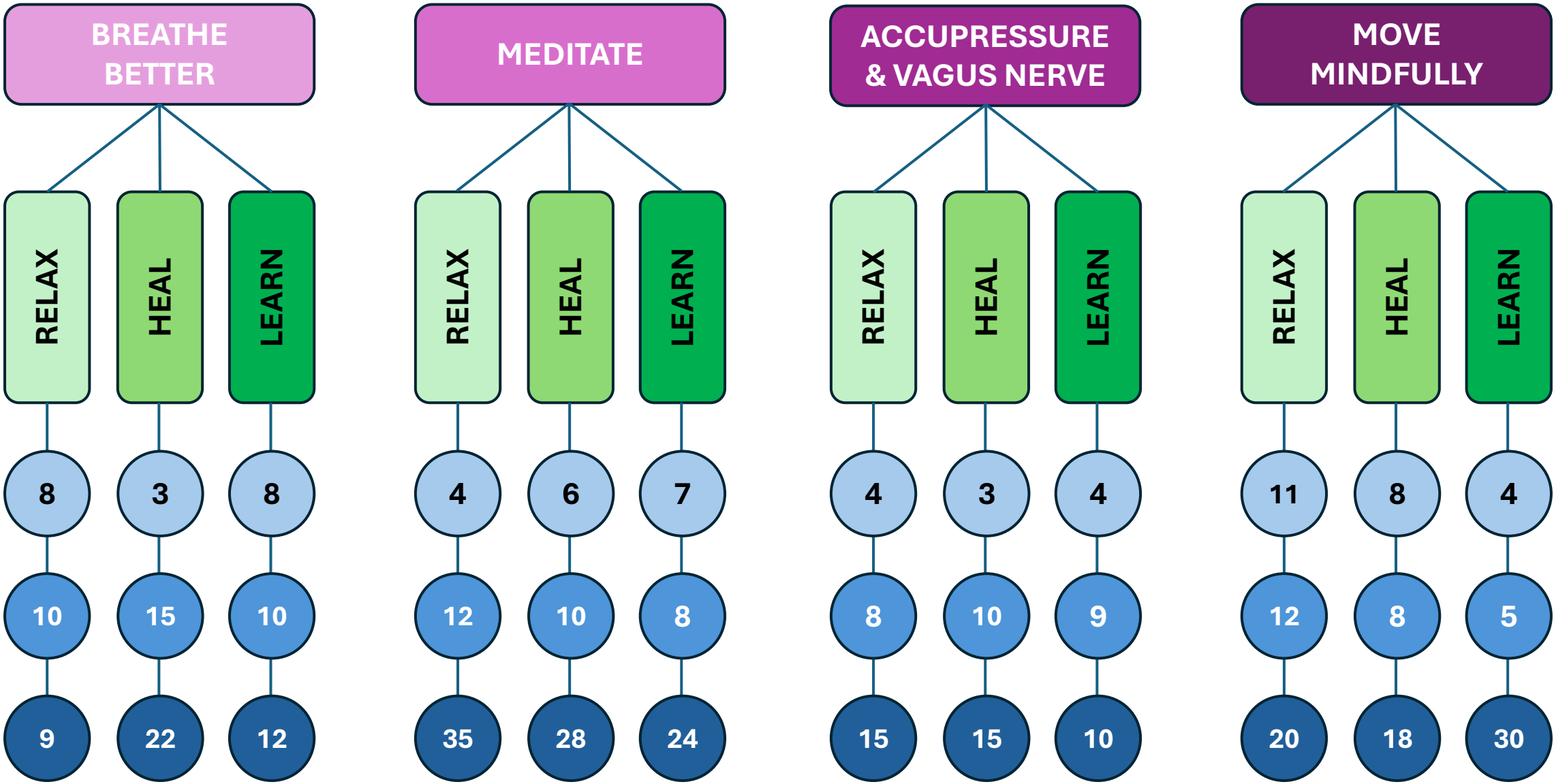
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