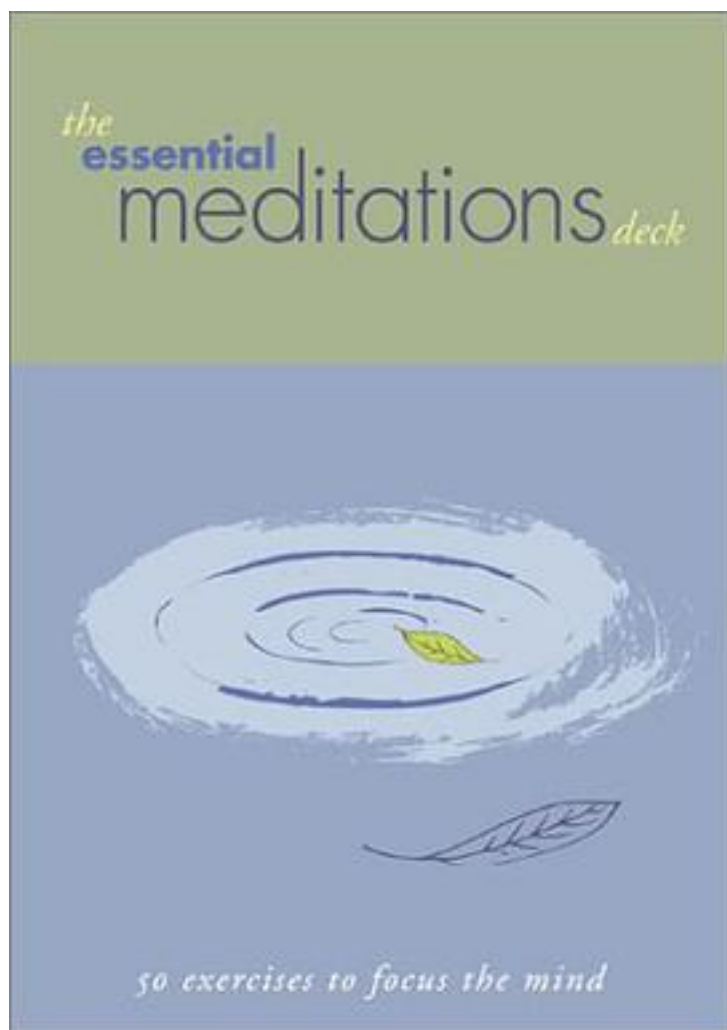


Essential Meditations Deck



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We often forget to bring quiet, meditative time into our lives. With a contemplative

image and a simple guided exercise on each card, this portable deck provides an enjoyable entre to the practice of meditation - helping you focus, reflect, and find balance.

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