



# **Meditation And Mindfulness: How you can learn to Meditate in less than 15 minutes a day like the Ancient Yogis**

*Kathy Lee*

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In this eBook you will learn about various potent practices which will help you in mastering meditation and mindfulness. Yoga nidra, Anter maun, Mindfulness, Transcendental meditation, Guided meditation, Buddhist meditation and Chakra meditation are power-packed practices that can help you to think positively and to be tension free.

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