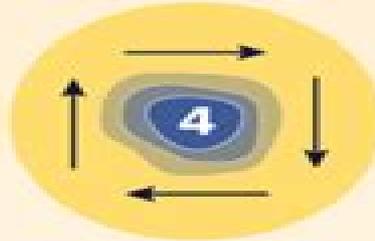


10 Types of Meditation



Focused breathing



Box breathing



Anxiety relief meditation



Transcendental meditation



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