



Meditation Journal: Spirit Rocks and the Path, Lined Journal, Blank Book 6 X 9, 150 Pages for Mindfulness Reflection, Insight Meditation and Stress Relief (Paperback)

By Meditation Journal

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Meditation Journal 150 page - Lined journal For tracking your meditation practice, writing thoughts, notes and more Easily fits in a backpack, tote bag or purse Classic Notebook - Ruled Format Durable Cover - Matte Finish. Binding: Professional grade binding (retail standard) Product Measures: 6 x 9 Designed in USA *This journal can be used for all types of meditation practices including: Zen Meditation, Vipassana Meditation, Mindfulness Meditation, Metta Meditation, Mantra Meditation, Transcendental Meditation, Yoga Meditations, Taoist Meditations and Qigong (Chi kung).

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