



Session 2

Diving Deeper



Guided Meditation is a practice that is widely accepted as having many personal benefits. Practicing guided meditation has been proven to reduce stress, control anxiety, promote emotional health, and generate kindness. Give it a try and see how you feel!

[Check out this Bonus Video from Westminster member Callie Boone](#)

Download the free app "[Insight Timer](#)" and try one of their free guided meditations

For more fun check out these websites:

[Weavesilk.com](#)

[DoNothingFor2Minutes.com](#)

[Soundrown.com](#)