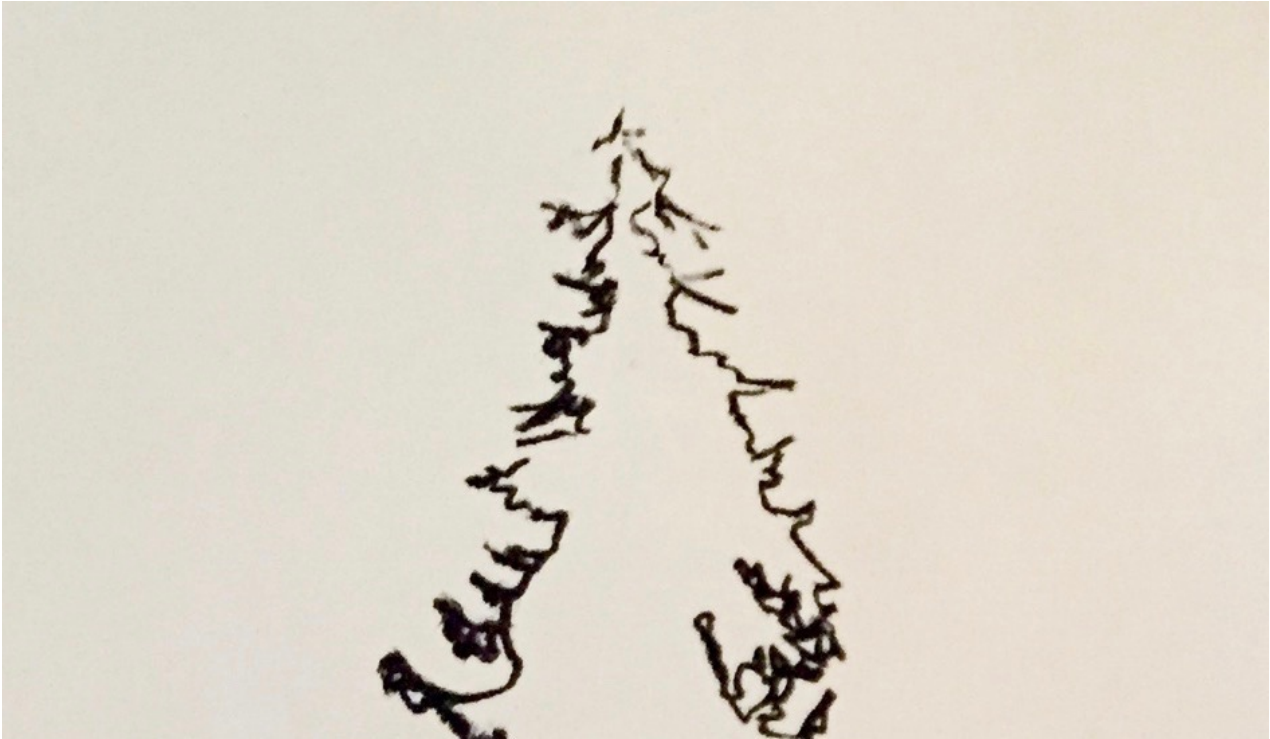


Silent Meditation Score



Meditating for a restful SOTA Session

Silent Meditation Score

by Melih Gencboyaci

(length: 31 min.)

<https://soundcloud.com/user-784390391/silent-meditation>

This silent meditation is specially designed for you! It consists of breathing exercises, contractions and relaxation. Please do have a yoga mat and a blanket and find a quiet spot where you can be on your own and relax! You can repeat this meditation whenever you need rest and when you do frequently you will feel the benefits of it more... enjoy and thank you for letting me be your guide!

Practical note: Please don't put the voice too high, and try to switch off you mobile phone.

Melih Gencboyaci is an artist, curator and yoga teacher.

Silent Meditation Score