

Meditation For Busy People: Sixty Seconds To Serenity
By Dawn Groves

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Yoga practice

He was also the first to open a school for formal yoga practice. Pose for 15-60 seconds. Feel the serenity by being one with your bodily sensations.

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Reviews | ashley davis bush, licsw

Ashley Davis Bush (formally Prend) is - Martin Boroson, author of One-Moment Meditation: Stillness for People on the Go (60-seconds, not 60-minutes)

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Sixty seconds of even one brief minute of serenity is powerful," says busy counsellor Dawn Groves, author of Meditation for Busy People.

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