

Meditation Benefits



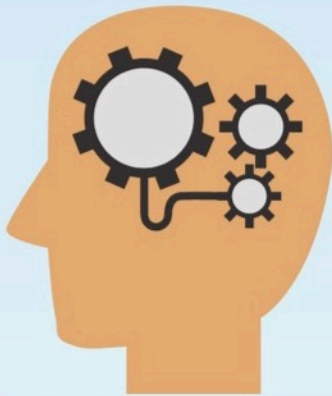
**makes you
feel happier**



**Improves your
memory**



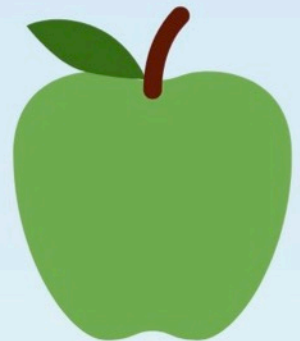
**Makes you feel
more grateful**



**Improves
concentration**



**Encourages
mindfulness**



**Encourages a
healthy lifestyle**

