

**Body Scan: Managing Pain, Illness, & Stress With
Guided Mindfulness Meditation By Sona;Vidyamala**

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Stress - spiritual wiz

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About Vidyamala Burch: VIDYAMALA BURCH is founder and codirector of Breathworks, an organization offering mindfulness-based approaches to living well wit

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Vidyamala (of body scan)

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