

WEBVTT

NOTE duration:"00:14:24.7360000"

NOTE language:en-us

NOTE Confidence: 0.9826629

00:00:04.100 --> 00:00:05.476 Good afternoon everybody and

NOTE Confidence: 0.9826629

00:00:05.476 --> 00:00:07.540 thank you so much for joining.

NOTE Confidence: 0.9826629

00:00:07.540 --> 00:00:09.260 My name is Michelle Grant.

NOTE Confidence: 0.9826629

00:00:09.260 --> 00:00:11.040 I'm a licensed massage massage

NOTE Confidence: 0.9826629

00:00:11.040 --> 00:00:13.758 therapist and I work with the oncology

NOTE Confidence: 0.9826629

00:00:13.758 --> 00:00:15.938 patients at Smilow Cancer Hospital.

NOTE Confidence: 0.9826629

00:00:15.940 --> 00:00:19.328 Today I'm going to lead you in

NOTE Confidence: 0.9826629

00:00:19.328 --> 00:00:21.808 a guided meditation that will

NOTE Confidence: 0.9826629

00:00:21.808 --> 00:00:25.056 include a bit of work on what's

NOTE Confidence: 0.9826629

00:00:25.056 --> 00:00:27.949 called a calming exhale breath.

NOTE Confidence: 0.9826629

00:00:27.950 --> 00:00:29.925 As we begin, sit comfortably

NOTE Confidence: 0.9826629

00:00:29.925 --> 00:00:32.861 in a quiet place where you can

NOTE Confidence: 0.9826629

00:00:32.861 --> 00:00:34.617 be free from distractions.

NOTE Confidence: 0.9866916

00:00:36.800 --> 00:00:40.155 Choose a posture that promotes

NOTE Confidence: 0.9866916

00:00:40.155 --> 00:00:42.839 a long neutral spine.

NOTE Confidence: 0.9866916

00:00:42.840 --> 00:00:46.128 And even if you're lying down.

NOTE Confidence: 0.9866916

00:00:46.130 --> 00:00:50.666 Allow your spine to be in a neutral position.

NOTE Confidence: 0.9866916

00:00:50.670 --> 00:00:53.436 If you're seated, set your chin

NOTE Confidence: 0.9866916

00:00:53.436 --> 00:00:56.084 in a neutral position so the

NOTE Confidence: 0.9866916

00:00:56.084 --> 00:00:58.583 back of your next day is long.

NOTE Confidence: 0.9866916

00:00:58.590 --> 00:01:02.405 And drop your shoulders from your ears.

NOTE Confidence: 0.9866916

00:01:02.410 --> 00:01:03.990 And soft in your belly.

NOTE Confidence: 0.9022666

00:01:07.310 --> 00:01:09.566 Close your eyes or gaze low

NOTE Confidence: 0.9022666

00:01:09.566 --> 00:01:11.710 at the ground ahead of you.

NOTE Confidence: 0.9896232

00:01:13.970 --> 00:01:16.890 Turn your attention and awareness

NOTE Confidence: 0.9896232

00:01:16.890 --> 00:01:19.226 inwards towards your breath.

NOTE Confidence: 0.9905075

00:01:21.870 --> 00:01:24.370 Without trying to change anything,

NOTE Confidence: 0.9905075

00:01:24.370 --> 00:01:27.174 simply notice how you

NOTE Confidence: 0.9905075

00:01:27.174 --> 00:01:29.978 are breathing right now.

NOTE Confidence: 0.9905075

00:01:29.980 --> 00:01:32.880 Is the breath moving through
NOTE Confidence: 0.9905075
00:01:32.880 --> 00:01:36.570 the nose or through the mouth?
NOTE Confidence: 0.9905075
00:01:36.570 --> 00:01:39.318 Describe the rhythm and
NOTE Confidence: 0.9905075
00:01:39.318 --> 00:01:42.066 depth of the breath.
NOTE Confidence: 0.9905075
00:01:42.070 --> 00:01:44.555 Notice if there is a
NOTE Confidence: 0.9905075
00:01:44.555 --> 00:01:46.543 difference between breath in.
NOTE Confidence: 0.9905075
00:01:46.550 --> 00:01:47.570 And breath out.
NOTE Confidence: 0.9867293
00:01:49.650 --> 00:01:51.894 How does the breath feel as
NOTE Confidence: 0.9867293
00:01:51.894 --> 00:01:53.850 it moves through your body?
NOTE Confidence: 0.97939944
00:01:57.280 --> 00:01:59.626 And where in the body do
NOTE Confidence: 0.97939944
00:01:59.626 --> 00:02:01.190 you notice the breath?
NOTE Confidence: 0.95926857
00:02:05.440 --> 00:02:10.080 And as you focus inward Tord your breath
NOTE Confidence: 0.95926857
00:02:10.080 --> 00:02:14.250 your body. Do this also your mind.
NOTE Confidence: 0.95926857
00:02:14.250 --> 00:02:18.165 How might the breath as it is right now,
NOTE Confidence: 0.95926857
00:02:18.170 --> 00:02:22.094 relate to the mind as it is right now?
NOTE Confidence: 0.992428984
00:02:24.160 --> 00:02:28.000 Notice without judgment. Just notice.

NOTE Confidence: 0.9679085
00:02:32.160 --> 00:02:34.340 And now, if you haven't
NOTE Confidence: 0.9679085
00:02:34.340 --> 00:02:36.079 already, close your lips.
NOTE Confidence: 0.9862433
00:02:38.110 --> 00:02:40.830 And begin to breathe in
NOTE Confidence: 0.9862433
00:02:40.830 --> 00:02:43.550 and out through your nose.
NOTE Confidence: 0.9862433
00:02:43.550 --> 00:02:46.990 Without making any drastic changes,
NOTE Confidence: 0.9862433
00:02:46.990 --> 00:02:50.299 just staying comfortable.
NOTE Confidence: 0.9862433
00:02:50.300 --> 00:02:53.384 Without forcing. Or pushing.
NOTE Confidence: 0.9862433
00:02:53.384 --> 00:02:59.720 Or straining with as much ease as possible.
NOTE Confidence: 0.9862433
00:02:59.720 --> 00:03:05.273 Use a short count to even out the breath.
NOTE Confidence: 0.9862433
00:03:05.280 --> 00:03:10.506 Inhale through the nose for 1/2.
NOTE Confidence: 0.9862433
00:03:10.510 --> 00:03:17.140 Three and exhale for one. 2. 3.
NOTE Confidence: 0.9758311
00:03:20.550 --> 00:03:23.308 Match the exhale breath to the length
NOTE Confidence: 0.9758311
00:03:23.308 --> 00:03:26.346 of the inhale breath and just do a
NOTE Confidence: 0.9758311
00:03:26.346 --> 00:03:28.635 couple of rounds of equal breathing
NOTE Confidence: 0.9758311
00:03:28.635 --> 00:03:31.215 in and out through your nose.
NOTE Confidence: 0.96485704

00:03:41.730 --> 00:03:43.730 Breathe as naturally as possible,
NOTE Confidence: 0.96485704

00:03:43.730 --> 00:03:46.154 but equally no need to push
NOTE Confidence: 0.96485704

00:03:46.154 --> 00:03:48.110 the length of breath in.
NOTE Confidence: 0.96485704

00:03:48.110 --> 00:03:50.504 Just match your easy breath out
NOTE Confidence: 0.96485704

00:03:50.504 --> 00:03:53.298 with the length of the breath in.
NOTE Confidence: 0.8711117

00:03:55.590 --> 00:03:59.112 Let the quality of your breath
NOTE Confidence: 0.8711117

00:03:59.112 --> 00:04:01.460 reflect all the qualities
NOTE Confidence: 0.8711117

00:04:01.569 --> 00:04:04.817 you'd like to see in your mind.
NOTE Confidence: 0.8711117

00:04:04.820 --> 00:04:09.040 Patient, easy, spacious and calm.
NOTE Confidence: 0.8711117

00:04:09.040 --> 00:04:13.388 Inhale for one. 2.
NOTE Confidence: 0.8711117

00:04:13.390 --> 00:04:22.290 3. NXL one. 2. 3.
NOTE Confidence: 0.8711117

00:04:22.290 --> 00:04:26.008 Find balance between breath in and out.
NOTE Confidence: 0.8711117

00:04:26.010 --> 00:04:29.028 And balanced also in your mind.
NOTE Confidence: 0.9521041

00:04:38.950 --> 00:04:40.516 Focused on equal breathing
NOTE Confidence: 0.9521041

00:04:40.516 --> 00:04:42.868 and also aware of the mind.
NOTE Confidence: 0.9521041

00:04:42.870 --> 00:04:46.578 How does the breath as it is right now

NOTE Confidence: 0.9521041

00:04:46.578 --> 00:04:49.928 relate to the mind as it is right now?

NOTE Confidence: 0.96128553

00:04:55.060 --> 00:04:58.546 And now without making any big changes,

NOTE Confidence: 0.96128553

00:04:58.550 --> 00:05:00.104 staying comfortable without

NOTE Confidence: 0.96128553

00:05:00.104 --> 00:05:02.694 forcing or pushing or straining

NOTE Confidence: 0.96128553

00:05:02.694 --> 00:05:05.520 with as much ease as possible,

NOTE Confidence: 0.96128553

00:05:05.520 --> 00:05:09.258 extend the exhale breath to four.

NOTE Confidence: 0.96128553

00:05:09.260 --> 00:05:16.940 So inhale for one. 2. 3.

NOTE Confidence: 0.96128553

00:05:16.940 --> 00:05:23.890 And exhale for 412. 3. For.

NOTE Confidence: 0.89500153

00:05:26.570 --> 00:05:29.778 Spend a little more time on the breath

NOTE Confidence: 0.89500153

00:05:29.778 --> 00:05:32.939 out now than you do on the breath.

NOTE Confidence: 0.89500153

00:05:32.940 --> 00:05:35.256 In breath in is still long

NOTE Confidence: 0.89500153

00:05:35.256 --> 00:05:37.320 breath in is still easy.

NOTE Confidence: 0.89500153

00:05:37.320 --> 00:05:39.610 Breath in is still patient

NOTE Confidence: 0.89500153

00:05:39.610 --> 00:05:41.900 and calm but breath out.

NOTE Confidence: 0.89500153

00:05:41.900 --> 00:05:43.289 A little longer.

NOTE Confidence: 0.9898774

00:05:46.140 --> 00:05:48.390 With each longer breath out,
NOTE Confidence: 0.9898774

00:05:48.390 --> 00:05:51.010 release any unnecessary energy
NOTE Confidence: 0.9898774

00:05:51.010 --> 00:05:54.549 in the mind. Inhale for three.
NOTE Confidence: 0.894931

00:05:57.790 --> 00:05:59.858 And exhale for four.
NOTE Confidence: 0.8893198

00:06:04.920 --> 00:06:06.908 In help for three.
NOTE Confidence: 0.8748071

00:06:09.920 --> 00:06:11.848 And exhale for four.
NOTE Confidence: 0.93108624

00:06:20.230 --> 00:06:22.610 Aware of the breath and aware two
NOTE Confidence: 0.93108624

00:06:22.610 --> 00:06:25.335 of the mind, how does the quality of
NOTE Confidence: 0.93108624

00:06:25.335 --> 00:06:27.370 breath reflect the mind right now?
NOTE Confidence: 0.8613208

00:06:32.610 --> 00:06:35.095 And now still breathing comfortably
NOTE Confidence: 0.8613208

00:06:35.095 --> 00:06:38.097 without forcing or pushing or straining
NOTE Confidence: 0.8613208

00:06:38.097 --> 00:06:40.719 with as much ease as possible.
NOTE Confidence: 0.8613208

00:06:40.720 --> 00:06:44.626 Extend the exhale breath to five.
NOTE Confidence: 0.8613208

00:06:44.630 --> 00:06:46.919 We're going to inhale in for three.
NOTE Confidence: 0.53722125

00:06:50.370 --> 00:06:52.780 Then exhale to five.
NOTE Confidence: 0.93112338888889

00:07:00.370 --> 00:07:02.882 Same easy breath in.

NOTE Confidence: 0.93112338888889

00:07:02.882 --> 00:07:06.022 But a longer breath out.

NOTE Confidence: 0.93112338888889

00:07:06.030 --> 00:07:08.230 With each longer breath out,

NOTE Confidence: 0.93112338888889

00:07:08.230 --> 00:07:11.010 letting go of excess energy

NOTE Confidence: 0.93112338888889

00:07:11.010 --> 00:07:14.210 in the mind. Inhaled to three.

NOTE Confidence: 0.87585735

00:07:17.950 --> 00:07:21.040 And exhale to account of five.

NOTE Confidence: 0.6605999

00:07:26.600 --> 00:07:28.220 Inhale 2/3.

NOTE Confidence: 0.819936

00:07:32.410 --> 00:07:35.479 And exhale to account of five.

NOTE Confidence: 0.98557013

00:07:40.670 --> 00:07:42.645 And as you watch their

NOTE Confidence: 0.98557013

00:07:42.645 --> 00:07:44.225 breath notice the mind.

NOTE Confidence: 0.98557013

00:07:44.230 --> 00:07:46.528 Notice how the quality of the

NOTE Confidence: 0.98557013

00:07:46.528 --> 00:07:48.989 mind is reflected in the breath.

NOTE Confidence: 0.98557013

00:07:48.990 --> 00:07:52.062 Notice how the breath reflects the

NOTE Confidence: 0.98557013

00:07:52.062 --> 00:07:56.516 quality of the mind. Breath and mind.

NOTE Confidence: 0.98557013

00:07:56.516 --> 00:07:59.724 Neither one comes first.

NOTE Confidence: 0.98557013

00:07:59.730 --> 00:08:01.416 Change either one.

NOTE Confidence: 0.98557013

00:08:01.416 --> 00:08:04.226 And you change the other.
NOTE Confidence: 0.95971906

00:08:06.620 --> 00:08:08.840 Inhale to three.
NOTE Confidence: 0.6040291

00:08:12.630 --> 00:08:14.858 And exhale to five.
NOTE Confidence: 0.82364017

00:08:19.720 --> 00:08:23.168 Let go of excess energy in the
NOTE Confidence: 0.82364017

00:08:23.168 --> 00:08:26.130 mind with each long breath out.
NOTE Confidence: 0.97030663

00:08:30.640 --> 00:08:33.440 And now think back to the earliest months
NOTE Confidence: 0.97030663

00:08:33.440 --> 00:08:36.439 of your life when you were only a baby.
NOTE Confidence: 0.97030663

00:08:36.440 --> 00:08:39.168 Just go back as far as you'd like,
NOTE Confidence: 0.97030663

00:08:39.170 --> 00:08:41.977 and recall how different your body was
NOTE Confidence: 0.97030663

00:08:41.977 --> 00:08:44.880 then how tiny and fragile you were.
NOTE Confidence: 0.97030663

00:08:44.880 --> 00:08:46.998 We called you how little you
NOTE Confidence: 0.97030663

00:08:46.998 --> 00:08:48.410 understood of the world.
NOTE Confidence: 0.97030663

00:08:48.410 --> 00:08:51.007 There was a time when you could
NOTE Confidence: 0.97030663

00:08:51.007 --> 00:08:52.869 just barely recognize colors and
NOTE Confidence: 0.97030663

00:08:52.869 --> 00:08:55.221 shapes a time when you could not
NOTE Confidence: 0.97030663

00:08:55.221 --> 00:08:57.650 feed yourself a time when you could

NOTE Confidence: 0.97030663

00:08:57.650 --> 00:09:00.812 not stand or walk a time when you

NOTE Confidence: 0.97030663

00:09:00.812 --> 00:09:04.290 didn't know how to read or write.

NOTE Confidence: 0.97030663

00:09:04.290 --> 00:09:06.240 And then as you grew,

NOTE Confidence: 0.97030663

00:09:06.240 --> 00:09:09.732 and you began to make sense of the world,

NOTE Confidence: 0.97030663

00:09:09.740 --> 00:09:11.936 we call the things you once

NOTE Confidence: 0.97030663

00:09:11.936 --> 00:09:14.399 believed that are no longer true.

NOTE Confidence: 0.97030663

00:09:14.400 --> 00:09:16.350 Perhaps you believed in fictional

NOTE Confidence: 0.97030663

00:09:16.350 --> 00:09:17.669 cartoon characters, or.

NOTE Confidence: 0.97030663

00:09:17.669 --> 00:09:19.825 You'll have that particularly

NOTE Confidence: 0.97030663

00:09:19.825 --> 00:09:22.520 childlike view of the world.

NOTE Confidence: 0.97030663

00:09:22.520 --> 00:09:24.568 But then it changed.

NOTE Confidence: 0.9857002

00:09:28.270 --> 00:09:29.486 There's very little of

NOTE Confidence: 0.9857002

00:09:29.486 --> 00:09:31.006 your body in your mind.

NOTE Confidence: 0.9857002

00:09:31.010 --> 00:09:33.434 That's the same today as it was then,

NOTE Confidence: 0.9857002

00:09:33.440 --> 00:09:35.258 and yet you were still you.

NOTE Confidence: 0.98161155

00:09:37.760 --> 00:09:40.371 We flipped back on the course of
NOTE Confidence: 0.98161155

00:09:40.371 --> 00:09:42.504 your life through later childhood
NOTE Confidence: 0.98161155

00:09:42.504 --> 00:09:44.849 in your early teenage years.
NOTE Confidence: 0.98161155

00:09:44.850 --> 00:09:47.402 Recall the physical changes
NOTE Confidence: 0.98161155

00:09:47.402 --> 00:09:49.316 you've gone through.
NOTE Confidence: 0.98161155

00:09:49.320 --> 00:09:52.197 Call how much you have learned and
NOTE Confidence: 0.98161155

00:09:52.197 --> 00:09:54.908 recall the changes to your worldview.
NOTE Confidence: 0.9825516

00:09:57.410 --> 00:10:00.714 So much has changed in your body.
NOTE Confidence: 0.9825516

00:10:00.720 --> 00:10:04.010 So much has changed in your mind.
NOTE Confidence: 0.9825516

00:10:04.010 --> 00:10:07.110 And yet you're still you.
NOTE Confidence: 0.9596664

00:10:12.060 --> 00:10:15.388 And so now we turn to breath awareness.
NOTE Confidence: 0.9596664

00:10:15.390 --> 00:10:18.340 Notice the continual movement of
NOTE Confidence: 0.9596664

00:10:18.340 --> 00:10:21.290 the brath this constant flow.
NOTE Confidence: 0.9596664

00:10:21.290 --> 00:10:23.238 This constant exchange between
NOTE Confidence: 0.9596664

00:10:23.238 --> 00:10:25.186 breathing and breathing out.
NOTE Confidence: 0.985139

00:10:29.850 --> 00:10:31.341 Notice what's changing

NOTE Confidence: 0.985139
00:10:31.341 --> 00:10:33.826 right here and right now.
NOTE Confidence: 0.985139
00:10:33.830 --> 00:10:36.746 And the press is a good place to start.
NOTE Confidence: 0.985139
00:10:36.750 --> 00:10:39.348 There's never one single moment in
NOTE Confidence: 0.985139
00:10:39.348 --> 00:10:41.789 which their breath remains the same.
NOTE Confidence: 0.97695804
00:10:45.410 --> 00:10:48.650 And in fact, if the breath were not inflow,
NOTE Confidence: 0.97695804
00:10:48.650 --> 00:10:50.450 we'd all be in trouble.
NOTE Confidence: 0.97695804
00:10:50.450 --> 00:10:52.520 The inhale breath doesn't arrive towards
NOTE Confidence: 0.97695804
00:10:52.520 --> 00:10:55.130 the end and lament the oncoming exhale.
NOTE Confidence: 0.97695804
00:10:55.130 --> 00:10:58.560 The exhaled breath doesn't begin to empty
NOTE Confidence: 0.97695804
00:10:58.560 --> 00:11:02.129 and worry over the incoming breath in.
NOTE Confidence: 0.97695804
00:11:02.130 --> 00:11:04.100 We let the inhale go.
NOTE Confidence: 0.8867675
00:11:06.180 --> 00:11:09.700 We let the exhale finish.
NOTE Confidence: 0.8867675
00:11:09.700 --> 00:11:12.906 And we trust that this cycle of
NOTE Confidence: 0.8867675
00:11:12.906 --> 00:11:15.689 change will continue giving us life.
NOTE Confidence: 0.97976106
00:11:19.050 --> 00:11:21.570 Contemplate the possibility that has
NOTE Confidence: 0.97976106

00:11:21.570 --> 00:11:24.576 changed occurs in your breath change
NOTE Confidence: 0.97976106

00:11:24.576 --> 00:11:27.446 is occurring right now in your body.
NOTE Confidence: 0.97976106

00:11:27.450 --> 00:11:30.578 Change is occurring right now in your mind.
NOTE Confidence: 0.9823102

00:11:32.790 --> 00:11:35.495 And possible that these incoming
NOTE Confidence: 0.9823102

00:11:35.495 --> 00:11:38.200 changes will give you life.
NOTE Confidence: 0.9823102

00:11:38.200 --> 00:11:41.530 Give you peace, give you ease.
NOTE Confidence: 0.9261611

00:11:44.220 --> 00:11:46.095 Contemplate the possibility
NOTE Confidence: 0.9261611

00:11:46.095 --> 00:11:49.220 that your worldview could shift.
NOTE Confidence: 0.9261611

00:11:49.220 --> 00:11:53.018 And it could shift slowly overtime.
NOTE Confidence: 0.9261611

00:11:53.020 --> 00:11:55.309 And it could shift in an instant.
NOTE Confidence: 0.9483592

00:11:57.530 --> 00:12:01.090 Just be open to this change aware that
NOTE Confidence: 0.9483592

00:12:01.090 --> 00:12:03.760 this change is full of potential.
NOTE Confidence: 0.9769925

00:12:08.180 --> 00:12:11.228 Just take another moment and remain
NOTE Confidence: 0.9769925

00:12:11.228 --> 00:12:14.259 watching the breath and rest in
NOTE Confidence: 0.9769925

00:12:14.259 --> 00:12:16.539 the awareness that neither your
NOTE Confidence: 0.9769925

00:12:16.539 --> 00:12:19.288 body nor your mind or static,

NOTE Confidence: 0.9769925
00:12:19.290 --> 00:12:21.600 unchanging or still and let
NOTE Confidence: 0.9769925
00:12:21.600 --> 00:12:24.600 that be a very good thing.
NOTE Confidence: 0.9712401
00:12:38.660 --> 00:12:42.536 And with the final deep inhalation
NOTE Confidence: 0.9712401
00:12:42.536 --> 00:12:46.205 through your nose. Had a longer
NOTE Confidence: 0.9712401
00:12:46.205 --> 00:12:48.505 exhalation through your nose.
NOTE Confidence: 0.8409946
00:12:55.090 --> 00:12:56.306 And when you're ready,
NOTE Confidence: 0.8409946
00:12:56.306 --> 00:12:58.130 you open your eyes and just
NOTE Confidence: 0.8409946
00:12:58.199 --> 00:13:00.918 look around, come back to the
NOTE Confidence: 0.8409946
00:13:00.918 --> 00:13:03.900 room that you're in right now.
NOTE Confidence: 0.8409946
00:13:03.900 --> 00:13:06.420 Stretch your arms out long to each side,
NOTE Confidence: 0.8409946
00:13:06.420 --> 00:13:09.311 pulling to the left and to the
NOTE Confidence: 0.8409946
00:13:09.311 --> 00:13:11.929 right for a good stretch.
NOTE Confidence: 0.8409946
00:13:11.930 --> 00:13:13.974 And inhalation arms overhead.
NOTE Confidence: 0.8409946
00:13:13.974 --> 00:13:16.529 Exhale break through your mouth
NOTE Confidence: 0.8409946
00:13:16.529 --> 00:13:18.848 and down into prayer pose.
NOTE Confidence: 0.91354585

00:13:22.090 --> 00:13:26.626 When you're ready, you can open your eyes.

NOTE Confidence: 0.91354585

00:13:26.630 --> 00:13:30.110 I want to thank you all so much for being

NOTE Confidence: 0.91354585

00:13:30.203 --> 00:13:33.641 with me for being with me for about 15

NOTE Confidence: 0.91354585

00:13:33.641 --> 00:13:37.074 months while we did our guided meditation

NOTE Confidence: 0.91354585

00:13:37.074 --> 00:13:40.097 or imagery or grounding in our centering.

NOTE Confidence: 0.91354585

00:13:40.097 --> 00:13:43.561 I myself I'm back to working at the Smilow

NOTE Confidence: 0.91354585

00:13:43.561 --> 00:13:46.387 Cancer hospital with the cancer patients

NOTE Confidence: 0.91354585

00:13:46.387 --> 00:13:48.719 doing massage, inpatient and outpatient.

NOTE Confidence: 0.91354585

00:13:48.719 --> 00:13:51.034 We haven't away integrative medicine

NOTE Confidence: 0.91354585

00:13:51.034 --> 00:13:53.668 has an array of online programming

NOTE Confidence: 0.91354585

00:13:53.668 --> 00:13:55.718 for you that will continue.

NOTE Confidence: 0.91354585

00:13:55.720 --> 00:13:57.504 Everything from meditation, zoom,

NOTE Confidence: 0.91354585

00:13:57.504 --> 00:13:59.730 meditation, phone, meditation, Tai Chi,

NOTE Confidence: 0.91354585

00:13:59.730 --> 00:14:01.952 chair exercises, yoga and more.

NOTE Confidence: 0.91354585

00:14:01.952 --> 00:14:04.616 So just check out the calendar.

NOTE Confidence: 0.91354585

00:14:04.620 --> 00:14:06.850 Yale Cancer Center integrative medicine.

NOTE Confidence: 0.91354585

00:14:06.850 --> 00:14:09.986 You could find the timeline as well

NOTE Confidence: 0.91354585

00:14:09.986 --> 00:14:13.347 as always made a long time sun shine

NOTE Confidence: 0.91354585

00:14:13.347 --> 00:14:16.352 upon you and all love surround you

NOTE Confidence: 0.91354585

00:14:16.352 --> 00:14:19.310 and your pure light within you.

NOTE Confidence: 0.91354585

00:14:19.310 --> 00:14:21.980 Always guide your way on OK.

NOTE Confidence: 0.91354585

00:14:21.980 --> 00:14:24.735 Take care. Be well everybody.