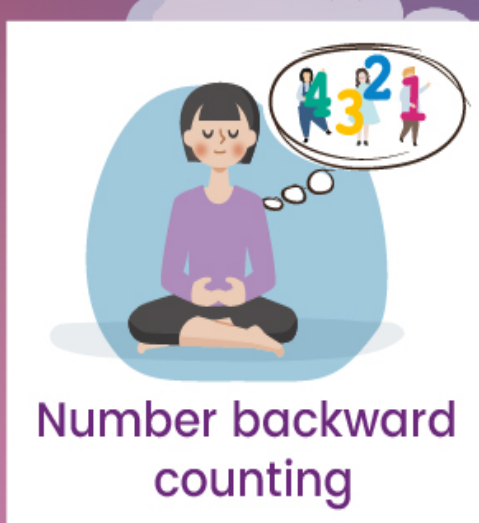




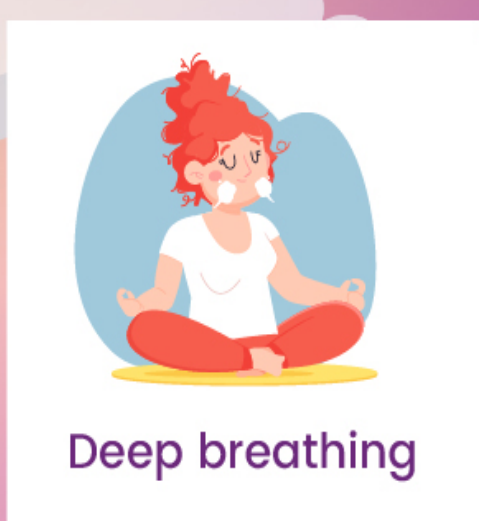
# Effective *Meditation Techniques* For Teens



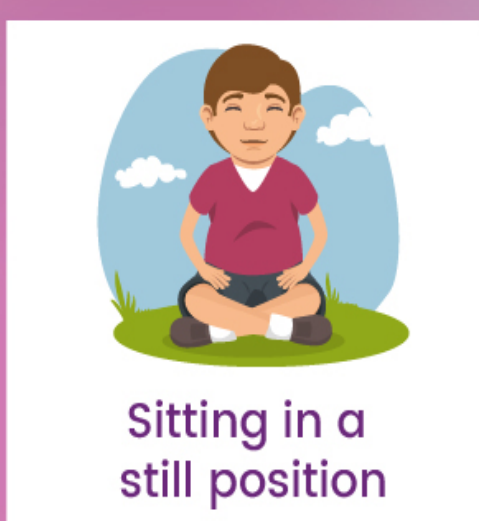
Number counting



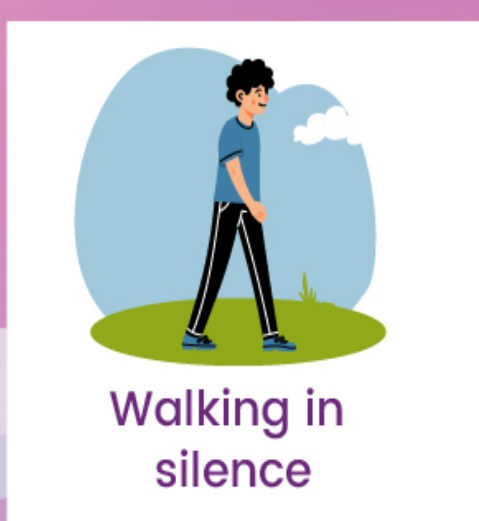
Number backward counting



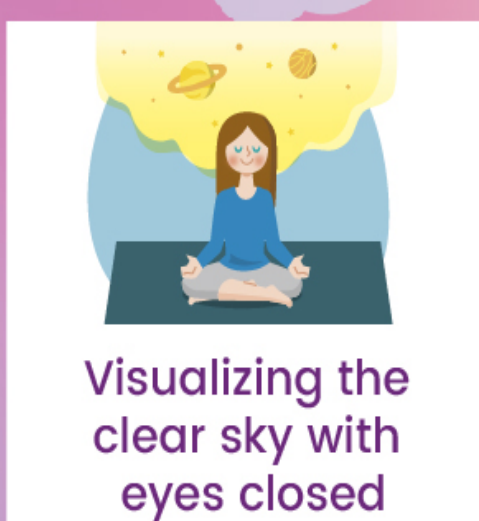
Deep breathing



Sitting in a still position



Walking in silence



Visualizing the clear sky with eyes closed



Thought counting



Practicing 'yoni mudra' or 'closing the gates'