



Room to Breathe: An At-Home Meditation Retreat with Sharon Salzberg

Sharon Salzberg

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Between the smartphone, the laptop, the tablet, and whatever else is demanding your attention, sometimes you just need to unplug! *Room to Breathe* brings you a refreshing series of beginner-friendly guided meditations and mindfulness techniques to help you regain a sense of spaciousness and ease.

Presented by renowned meditation teacher and best-selling author Sharon Salzberg, these 10 core practices were created to give you the feel of a meditation retreat at home - but can be enjoyed in any place conducive to a period of undisturbed quiet. *Room to Breathe* brings listeners eight core exercises: Calming the Mind, Facing Challenges, Being Present, Letting Go, Trusting Yourself, and more.

Includes a guidebook with tips for breaking free from habitual stressful patterns along with contemplations to remind you of what's really important to you.

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