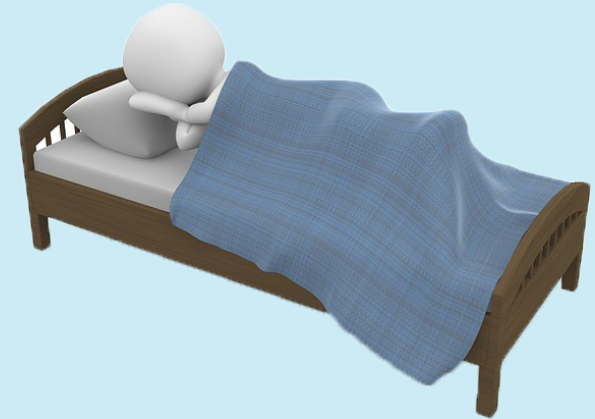


# *The Benefits of Meditation*



Feelings of  
**POSITIVITY**



Improved  
**SLEEP**



**DECREASED** feelings of  
**PRESSURE** and **STRESS**



Improved  
**ACADMICS**  
and  
**FOCUS**