

# Insight Timer meditations

| Title  | Time Length |
|--|-------------|
| Permission to slow down – Hannah Leatherbury (really good when under pressure)     | 13.35 mins  |
| From Pain to Peace – Bethany Auriel – Hagan  | 15.36 mins  |
| Breathing into Sleep – Bethany Auriel -Hagan                                       | 17.50 mins  |
| I would like to give you permission – Sarah Blandin                                | 15.04 mins  |
| Mind like the sky – Hugh Byrne   | 15.10 mins  |
| Loving and Listening to yourself – Sarah Blandin                                   | 12.19 mins  |
| Nothing here but you – Mooji   | 18.49 mins  |
| Theta Cure 20 – Binaural Music (Found good when sleep has been poor)               | 20 mins     |
| Pain and Tension Release – Stephanie Blumensaat (short body scan – relief quickly) | 7.06 mins   |
| Flowers in the Heart – Pablo Arelanoc (music – found useful for eating mindfully)  | 11.01 mins  |
| Own your light : A meditation – Heather Waxman                                     | 5.05 mins   |