

Download Breathe Mama Breathe 5 Minute Mindfulness For Busy Moms

Prepare her for the first 40 days. At first glance, I thought *The First Forty Days: The Essential Art of Nourishing the New Mother* was a book of postpartum recipes. But this book is so much more, and it's one of the loveliest new mom gifts I've come across. The DEN is your neighborhood meditation studio nestled into Los Angeles, a peaceful oasis in one of the world's busiest cities. From mindfulness meditation, to sound baths, to workshops, we offer guided meditation classes for every lifestyle, every day of the week. Arlana's Corner offers 100% free Freebies - Updated daily! I ditched my nearest and dearest iPhone for catharsis, connection and, yes, for your clicks, too. Here's how it changed me and my family, hopefully for good.