



Walking Meditation (Brain Sync Series)

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Just slip on your headphones and start walking. Within minutes you'll feel a euphoric rush of releasing, as an intoxicating fusion of high-beta brain wave frequencies mixed with R & B rhythms stimulate your body to blast through blocks, boost beta-endorphin production, burn more fat, and dramatically increase heart health.

Walking Meditation provides 60 minutes of energizing music and frequencies that produce extraordinary peak experience body-mind states. Brain wave frequencies associated with higher cognitive processes and expanded perception focus your mind. These, combined with guided imagery spoken by Kelly Howell, transform your walk into a powerful meditation.

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