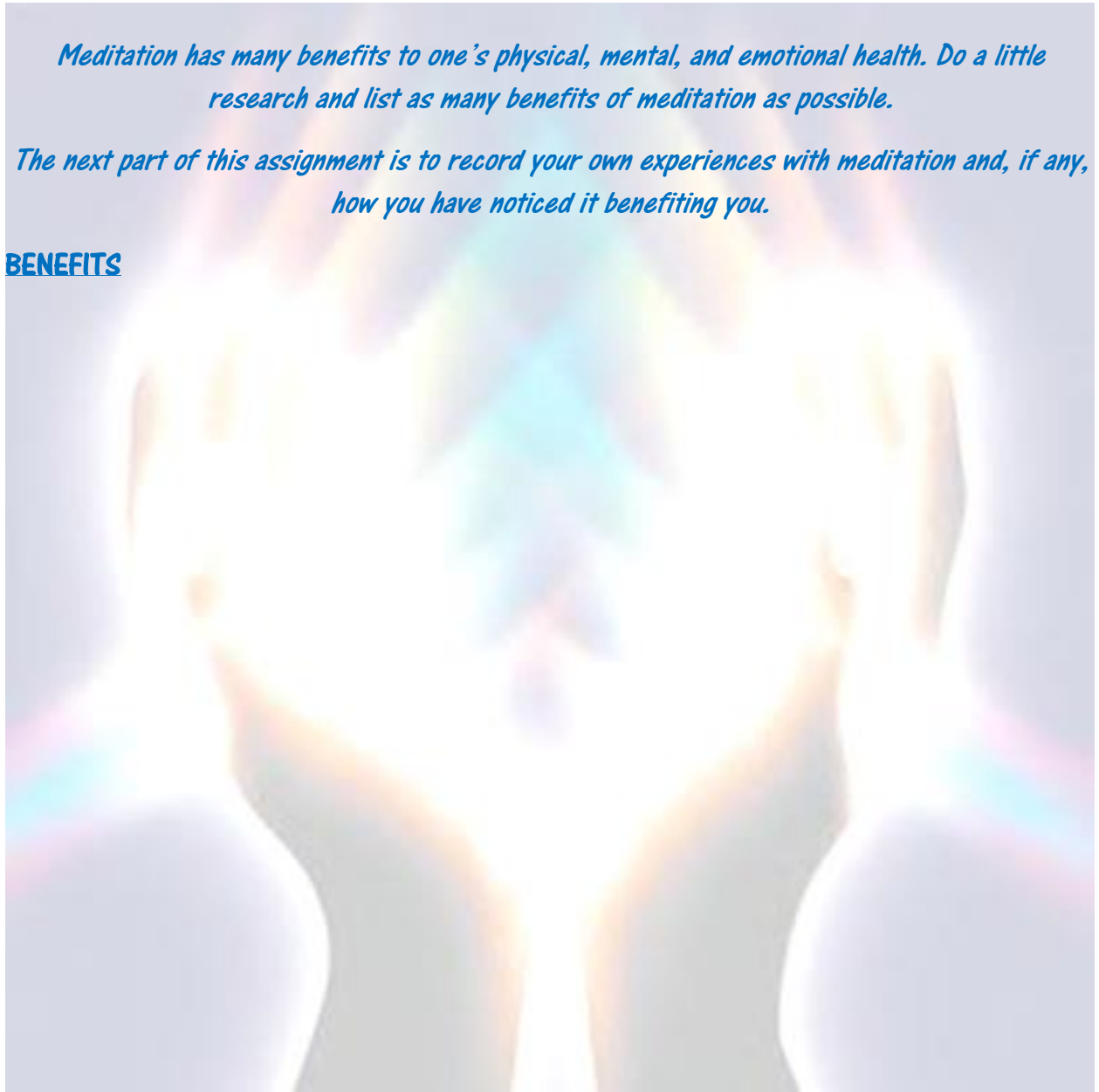


# CHI AND MEDITATION

*Meditation has many benefits to one's physical, mental, and emotional health. Do a little research and list as many benefits of meditation as possible.*

*The next part of this assignment is to record your own experiences with meditation and, if any, how you have noticed it benefiting you.*

## **BENEFITS**



## **PERSONAL EXPERIENCE**

