

Acknowledgments: Before we begin, I would like to offer an acknowledgment to those who have passed down mindfulness and meditation practices from thousands of years of tradition originating in ancient eastern and Buddhist philosophy. I would also like to acknowledge that, as a white, cisgender and non-disabled person, I am afforded certain privileges. I'm humbly aware of these privileges and strive to make the offerings of Insight Wellness as inclusive as possible.

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