



Zen Meditation Balls

By Alison Trulock

Running Press Miniature Editions. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 3.3in. x 2.9in. x 1.8in. Our Zen Meditation Balls are a moving counterpoint to the inner stillness of a meditative session. By hitting specific pressure points on the palms of your hands, these metal balls send signals through your nervous system that its time to relax and let go. You can make meditation a part of your daily routine with this kit. Complete with 2 beautiful, high-quality, gently chiming meditations balls, and an 88-page book with step-by-step instructions on how you can lower stress, and improve your health. The Zen Meditation Balls Mega Kit will be a welcome addition to a frazzled world. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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