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Meditation Tasting For Beginners and Connoisseurs: Chocolate Meditation, Golf Meditation, Rumba Meditation and more (Relaxation Meditation) (Volume 3)

Inbar Shahar

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Did you know that a simple everyday act could be used as a form of meditation? With the help of this book you will start to realize that you can sneak a quick meditation into just about any event throughout your day – even playing golf or having a glass of wine. I hope to debunk any preconceived negative ideas that you might have. After all, who said that only caviar, wine and champagne tasting was fun? So prepare your mind, body and your palette for a gourmet, ultra-intimate experience. Live a little and have fun in the moment by experiencing the wonderful exquisite world of Meditation Tasting.

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