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By Juliana Baldec

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<http://yogaforbeginners.com/>

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A Beginner's Guide to Meditation - Yoga Journal -

Yoga and meditation teacher to the stars Alanna Zabel says you can quiet your mind in a mere 3 minutes. Try these 5 steps for a mental vacation.

<http://www.yogajournal.com/article/practice-section/let-s-meditate/>

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Alecandra Baldec is combining soul & spirit searching, flexibility & the modern lifestyle, and powerful Meditation techniques & Yoga techniques for beginners in a

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