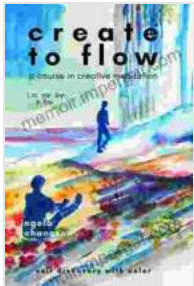


# Course In Creative Meditation Create To Relax Create To Flow



## Create to Flow: a course in creative meditation (Create to Relax, Create to Flow Book 1) by Ingela Johansson

★★★★☆ 4 out of 5

Language : English

File size : 5189 KB

Screen Reader : Supported

Print length : 25 pages

Lending : Enabled



## What is Creative Meditation?

Creative meditation is a practice that combines meditation with creativity. It is a way to relax and de-stress, while also stimulating your creativity and imagination.

In this course, you will learn how to use creative meditation to:

- Reduce stress and anxiety
- Improve your sleep
- Boost your creativity
- Solve problems
- Increase your self-awareness

## What You'll Learn in This Course

This course is divided into five modules:

1. **to Creative Meditation**
2. **The Basics of Meditation**
3. **Creative Meditation Techniques**
4. **Applying Creative Meditation to Your Life**
5. **Troubleshooting and FAQs**

Each module includes video lessons, guided meditations, and downloadable worksheets.

### **Who is This Course For?**

This course is for anyone who is interested in learning how to use creative meditation to relax and flow. It is especially beneficial for people who are:

- Stressed or anxious
- Having trouble sleeping
- Looking to boost their creativity
- Interested in personal growth and development

### **What You'll Get Out of This Course**

By the end of this course, you will have the skills and knowledge to:

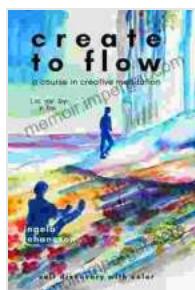
- Practice creative meditation on your own
- Use creative meditation to relax and de-stress

- Stimulate your creativity and imagination
- Solve problems and make decisions
- Increase your self-awareness and understanding

## Enroll Now

Are you ready to learn how to use creative meditation to relax and flow?  
Enroll in the Course In Creative Meditation Create To Relax Create To Flow  
today!

Enroll Now



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