

Free Conference Call Recordings

Title		Mins	Tele #	Link
See-Hear-Feel with Labels	Jeffrey	13	#104	https://fccdl.in/1P88WdgGEH
Intro Focus on Everything	Jeffrey	13	#40	https://fccdl.in/6JWkpa7tF
See Hear Feel (Focus on Everything)	Jeffrey	20	#16	http://fccdl.in/iMDtBULdO
Pleasure Breath	Susan	12	304	https://fccdl.in/AyNo3Y69TE
Progressive Relaxation	Susan	10	241	https://fccdl.in/5jBKx3K6Cl
Focus on Rest	Jeffrey	20	42	https://fccdl.in/j7HMX4B2y
Sleep Problems Part 1 Techniques	Jeffrey	25	203	https://fccdl.in/aJb33A0af4
Sleep Problems Part 2 Generic	Jeffrey	21	204	https://fccdl.in/IROzilMhUX
Mountain Image	Susan	10	158	https://fccdl.in/sFy4DtfUfW
Breath including breath counting	Jeffrey	10	169	https://fccdl.in/6NoWeqiDJo
Body Scan	Susan	12	182	https://fccdl.in/1iaCZZhhMs
Focus on Body Sensation	Jeffrey	12	183	https://fccdl.in/DOFtnzVceo
Physical Rest or Relaxation	Susan	10	190	https://fccdl.in/0xvc5SOQik
Focus Out (Sight, Sound, Body)	Susan	12	178	https://fccdl.in/usKekk6vHT
Intro to Labeling. Focus Out	Jeffrey	17	120	https://fccdl.in/3KvAKi91gC
Focus on Sight	Jeffrey	10	114	https://fccdl.in/FNpXDeXwM1
Focus on Sight with Labels	Jeffrey	10	124	https://fccdl.in/UOhCY3WbKL
Focus on Sound	Jeffrey	10	112	https://fccdl.in/3Z97LxiRm
Loving Kindness	Susan	10	193	https://fccdl.in/BECYGsTRkh
Focus on Positive	Susan	11	185	https://fccdl.in/9jQp866u1h
Physical Body with labels	Jeffrey	11	116	https://fccdl.in/8z2DI9DgPh
Feel In (Emotional Body)	Susan	10	191	https://fccdl.in/LPnvN31zfN
Hear In and Hear Out	Susan	11	184	https://fccdl.in/qldRDH1f64
Focus on Images (See In)	Jeffrey	10	130	https://fccdl.in/CFFjADYkAL
Focus In (Thinking and Emotional Body)	Jeffrey	10	196	https://fccdl.in/ggBJGgNkMq
Introduction to Focus In (Thinking and Emotional Body)	Jeffrey	12	194	https://fccdl.in/jUhegpPXR7
Focus on Thinking (See In and Hear In)	Jeffrey	13	187	https://fccdl.in/kQHlxhF5dE
Focus on Internal Talk	Jeffrey	10	127	https://fccdl.in/tuThzLWVW4
Breath with TNH Manta	Susan	11	197	https://fccdl.in/RmiG0LGAFa
Zen Breath Counting	Jeffrey	12	110	https://fccdl.in/gEmLybMKS

You can click on the URL link to access the internet.

Playback Number:
(712) 775-7029.

Access Code: **870-545 Enter # of the session when prompted**