

# Slow down & connect with Anna



Feeling like you need a moment to slow down and feel what's going on for you? Not sure what to feel? Slow down with this mindful meditative playlist. You are so worthy of this time. Let the music wash over you as if it was a series of love songs from you, to you!



xoxo Anna

[Click Here for the Playlist on Spotify](#)

Live Everything Mindful is delivering this content to entertain and/or inform. This information is not intended to diagnose, treat, cure, or prevent any disease. You should always consult with your doctor when it comes to your personal health and before you start any treatment.

[www.LiveEverythingMindful.com](http://www.LiveEverythingMindful.com)

