

1. Record Nr.	UNINA9910702982803321
Titolo	Meditation [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (1 min., 41 sec.) : digital, SWF file, sound, color
Soggetti	Meditation Older people - Health and hygiene Mind and body Alternative medicine Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Provides a demonstration of practitioners meditating and an overview of meditation's beneficial outcomes.