

ASHLEY DAHL MEDITATION%0A

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[Portland Mindfulness + Business Coach - Ashley Dahl](#)
Ashley earned her Masters in Social Work from the University of Washington. She has been practicing meditation in the vipassana (insight) tradition for over 15 years. Ashley is an accredited Mindfulness Teacher through the

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Ashley Dahl Minnesota born, raised, and proud. Historian. Cat mom. Lover of giraffes. The one and only Abe Lincoln, and coffee. Mrs. Dahl for life.

[An Interview with Ashley Dahl - unfold studios](#)

Ashley Dahl, MSW, is a visiting teacher at unfold. She is a champion of compassionate self-awareness, and she possesses a keen ability to infuse mindfulness into daily life and relationships. She brings humor and a presence of calm thoughtfulness as she blends the teachings of wisdom traditions and science with modern culture. Ashley is trained in mindfulness meditation through the Mindfulness Shifting Awareness Through Breath with Ashley Dahl, MSW, CMT-P / OpenSpace Mindfulness

Just as photographers learn to intuitively adjust their camera lens, mindfulness trains practitioners in how (and when) to shift perspective to see clearly, moment-to-moment. This is a 6-minute

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