

# MINDFULNESS

Breathe

CLOUD GAZING

exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX  
RELAX  
RELAX

guided  
meditation

Plant

COOK

Take things for granted

eat with friends

Take a bath

listen

FORGIVE  
FORGIVE  
FORGIVE



# Pro Mindfulness Meditation

**Léo Pomar**



## **Pro Mindfulness Meditation:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Pro Mindfulness Meditation** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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