

MINDFULNESS



Breathe

CLOUD GAZING

exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX
RELAX
RELAX

guided meditation

FORGIVE
FORGIVE
FORGIVE

Plant

COOK

Take things for a...

eat with friends

Take a bath

~~listen~~

Pro Mindfulness Meditation

Gerard A. Malanga, Scott Nadler



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