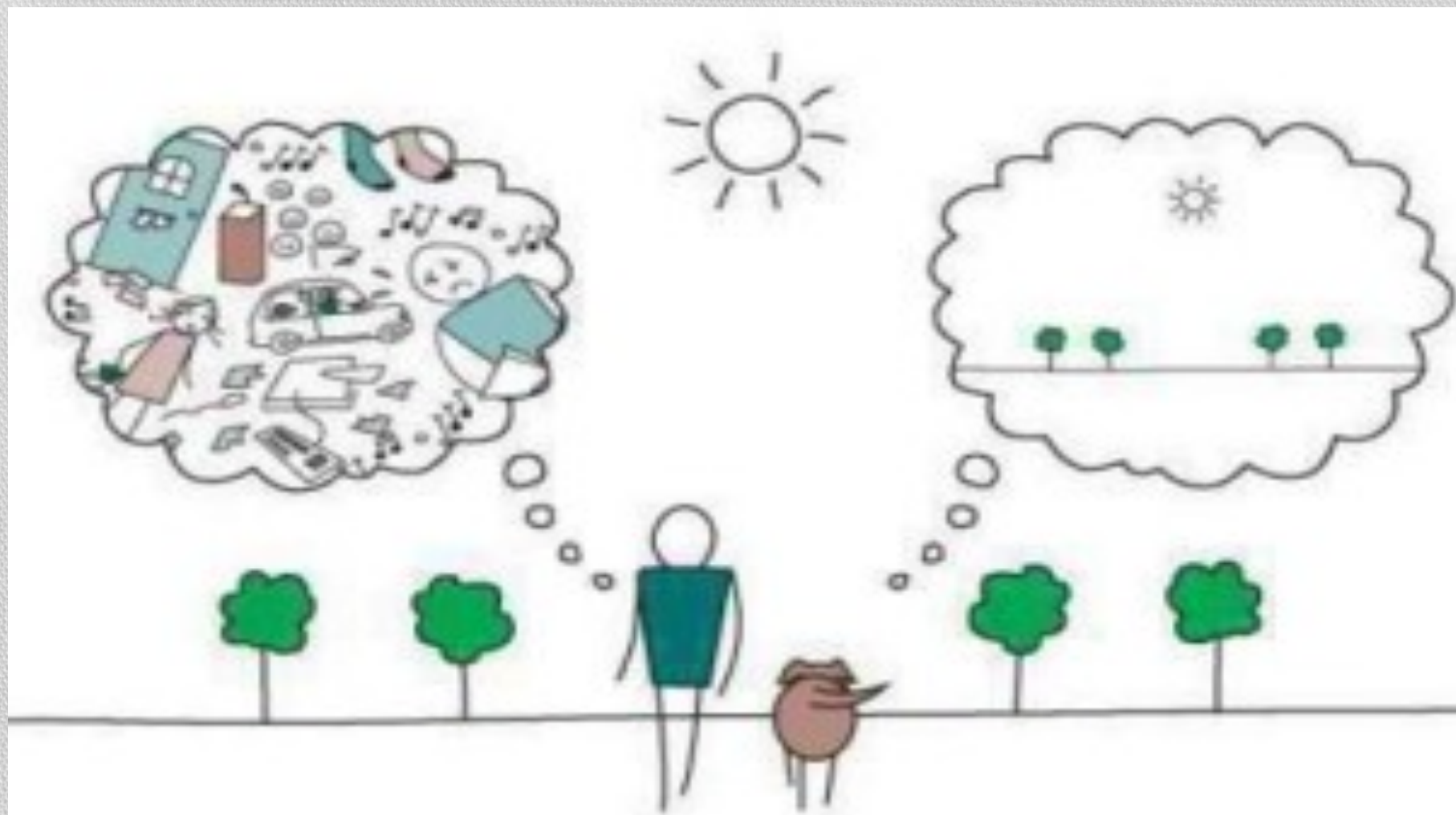




BEING PRESENT IS A PRESENT

Tools for a calmer life



Mind Full, or Mindful?



You should sit
in meditation
20 minutes
a day ...

Unless you are
busy. Then
you should
sit for an hour.

Old Zen saying

www.prolificliving.com



Benefits of MEDITATION



Benefits of regular meditation are:



Keeps your stress-free



Reduces ageing



Adds more hours to your day



Increases your attention span



Helps you appreciate life more



Increases immunity and helps fight diseases



Helps you feel more connected



Improves metabolism and helps you lose weight



Helps you have a good night sleep




Improves functioning of your brain



Makes you and those around you happier.





HOW CAN I DEVELOP A MINDFULNESS PRACTICE?

Yoga

Meditation

Check In

Visualization

Breath



TAKE A BREATH



WHAT ARE YOU
DOING RIGHT NOW



BE A WITNESS



LET THE REST GO



COME BACK TO THE
BREATH

RESOURCES

Phone Apps:

Guided Mind

Meditation Timer

Hay House Daily Affirmations

YouTube:

White Noise

Sigur Ros

Meditation

Music of the Cathedrals and
Forgotten Temples

Yoga with Adriene

Cosmic Kids Yoga

