



MINDFULNESS



IN ONE DAY

FOR BEGINNERS

THINK BREATHING



Breathe in, hold for three counts and exhale. Count seven breaths.



MINDFUL DRINK

Kick start your body, mix hot water, lemon and cayenne pepper. Taste It!

DO ONE THING AT A TIME



When eating, just eat, when checking emails, just check emails.



NOTICE YOUR SENSES

What are two things you can taste, touch, smell, hear, right now?

DEEP LISTENING



Listen completely and contemplate your response.



MINDFUL EATING

Turn off all distractions, explore the textures, favours and temperatures

MINDFUL WALKING



Feel your feet connecting with the ground.



BODY SCAN TIME

Bring your attention to your body, send the breath to any areas of tension.