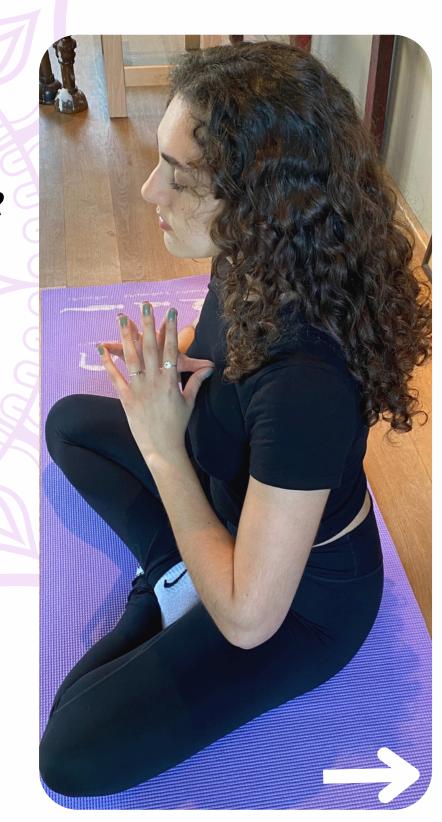


Discover how to bring more calm, clarity and balance into your life



WHAT IS MINDFULNESS?

Being fully in the present moment, 'here and now.'

Awareness of thoughts, senses and feelings in the moment, without any judgements or reactions.

BENEFITS

- Cultivates clarity and perspective
- Calms the mind and body
- Helps manage stress and anxiety
- Improves emotional regulation
- Encourages non-judgemental awareness, acceptance and letting go
- Brings equilibrium, tranquility and balance
- Applicable to daily life

MINDFULNESS FOUNDATION CHECKUP

Sitting upright, notice your:

- 1. Physical body, posture and present breath
- 2. Surroundings and environment, activating your five senses
- 3. Feelings
- 4. Thoughts



MINDFULNESS MEDITATION STEPS

- 1. Acknowledge your thoughts/emotions arising in the present moment
- 2. 'Label' it using one word and let it go
- 3. Bring your attention back to your present breath

WOULD YOU LIKE TO LEARN MORE?



Book a 1:1 session to explore mindfulness meditation,
Taoist meditation with healing sounds and learn how to practice 15 powerful yogic breathing techniques for inner balance.

Bookings at bestedolanay@gmail.com

(Online or in person / English or Turkish)

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