

MINDFULNESS MEDITATION



HOLISTIC
WELLNESS

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



@bestedolanay_divya

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)

HolisticWellnessDivya.com

[@bestedolanay_divya](https://www.instagram.com/bestedolanay_divya)