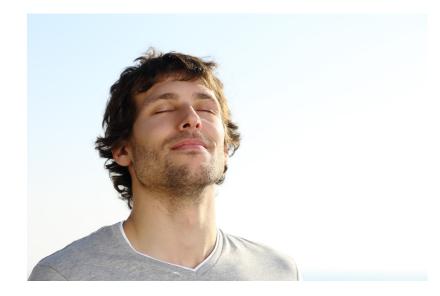
Mindfulness Practice



Breathing In 1 Calm Body and Mind

Breathing Out 1 Smile



Dwelling In The Present Moment



1 know This 1s A Wonderful Moment