Explorations in Mindfulness

tools for enhancing the mindfulness and meditation experience

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

This session recommends five tips for your mindfulness practice and five tips for your meditation practice. Get creative with how you might choose to incorporate these recommendations into your daily life.

“Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” -Jon Kabat-Zinn

# NOTES:

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Tools for enhancing your mindfullness and meditation practice

# Reflections from your meditation practice:

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