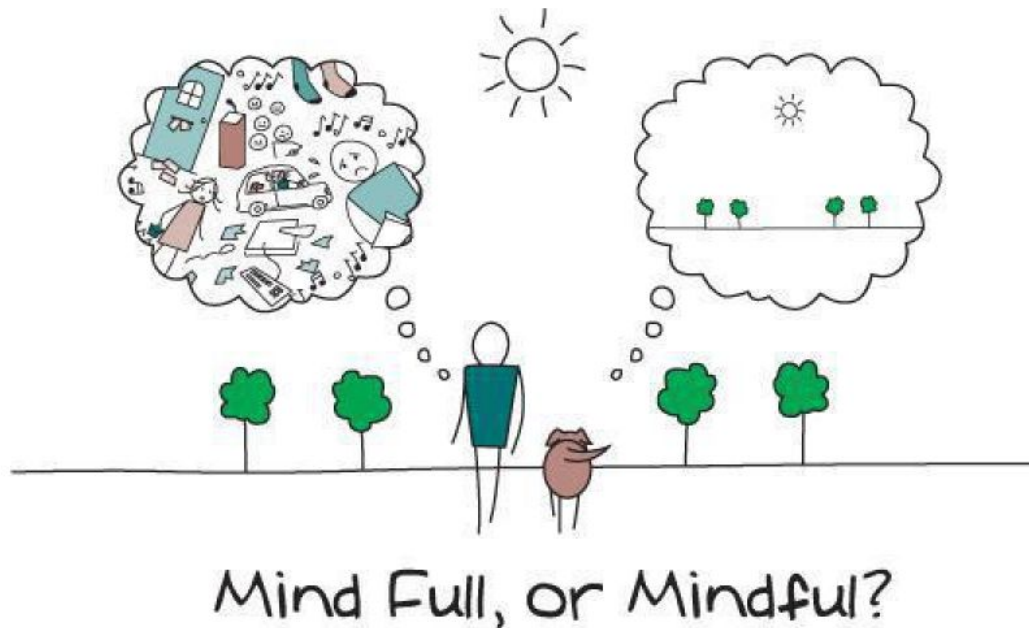


Mindfully Present

Consider this:



How do you feel physically when you are Mind Full vs Mindful?

Where do you feel most Mindful?

Consider what being Mindful would do to your studies, friendships and activities such as sports, music, or art.

Mindfulness isn't only for yoga. Try to be mindful while you wash your hands. Notice the bubbles, feel the warm water as his rinses the bubbles down the drain. Feel the texture of the towel when you dry your hands. Now try being mindful with other activities such as walking, brushing your teeth, washing dishes, etc.