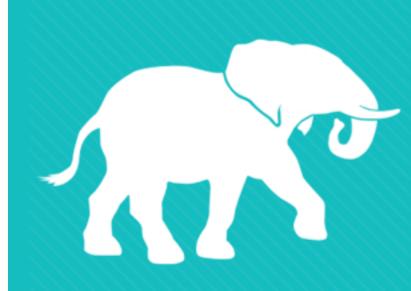
MINDFULNESS **The Mother of all Virtues**



"Just like the elephant footprint can fit in the footprint of all animals in the forest, Mindfulness can hold all virtues." – Buddha.

"Through the mindfulness practice we often become more patient, kind, brave, compassionate and selfless."



Which of those virtues would you like to cultivate further?



Keen to learn more?

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