

MINDFULNESS IN ACTION

(FOR THE TIME POOR...)

Many people say they would LOVE to establish a mindfulness practice but don't have time for it. *Mindfulness in Action* or *Mindfulness on Demand* is a great way to address that issue.

Mindfulness is traditionally practiced while sitting down and typically with eyes closed. However our ultimate goal should be to integrate Mindfulness in daily life, in everything we do. That can be done by simply being aware of the FLOW of BREATH while doing things. Simple but not easy.

Choose one activity you do everyday and give it a try!



Good Luck!