

MINDFULNESS



Breathe

CLOUD GAZING

exercise

Spend time with nature

Walk BAREFOOT

Open mind

RELAX
RELAX
RELAX

guided meditation

Plant

COOK

Take things for a...

eat with friends

Take a bath

listen

FORGIVE
FORGIVE
FORGIVE

Pro Mindfulness Meditation

**Dr. S. Mariadoss SJ, Dr. V. Bastin
Jerome, Ms A. Sarlin Venotha**

Pro Mindfulness Meditation:

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