

Intro to



Mindfulness

This is a six session series to bring more PEACE, PURPOSE, and HAPPINESS into your life by increasing your awareness of what's going on inside and around you and engaging with it in healthier ways letting go of what no longer serves you. Each day you will learn new mindful techniques that you can bring into your everyday life creating a practice that fits best for you.

Session 1: The Breath

- what is mindfulness
- how the breath calms the mind and body
- breathing techniques

Session 2: Mindful of the Body

- reconnecting with the body in peace
- sensation awareness
- body scan

Session 3: Mindful of Consumption

- become aware of what we are consuming
- consuming in ways that serve us
- mindful eating

Session 4: Mindful of the Mind

- building a healthy relationship with thoughts
- observing thought
- the thought wheel

Session 5: Mindful of Emotions

- building a healthy relationship with emotions
- welcoming emotions
- understanding emotions

Session 6: Mindful of Intentions

- creating intentions that support healthy lives
- what's most important to me
- being my best self