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MINDFULNESS | Mindful Wellness Guide

Mindfulness is "being in the Present moment with openness, curiosity, and the willingness to be with what is." - Fully Present Mindfulness is "paying attention in a particular way, on purpose, in the present moment & non-judgmentally." - Jon Kabat-Zinn There are many forms of Mindfulness practice: Seated Meditation, Mindful Walking, Mindful Speech, Mindful Eating.

Mindful Eating: Mindful Life

Mindful Eating, Mindful Life is all about nourishment, energy, savoring and throwing away what doesn't work for us in life. The course unfolds deep mindfulness about moments in time, decisions, weighing options, filling the void and emptying way beyond food.