

# MINDFULNESS PRACTICES

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## Mindful meditation



A formal practice focusing on non-judgmental awareness of present-moment experiences.

## Mindful breathing



Concentrating on the breath to anchor attention in the present moment.

## Mindful movement



Intentionally moving the body to cultivate present-moment awareness, such as walking meditation.

## Mindfulness in everyday life



Bringing non-judgmental awareness to routine daily activities.

## Body scan



Systematically focusing attention on different parts of the body to increase bodily awareness.

## Loving-kindness



Cultivating goodwill towards oneself and others through directed positive thoughts.

## Visualization



Using mental imagery to promote relaxation and positive emotions.

## 3-minute breathing space



A brief mindfulness technique to increase present-moment awareness, especially during stressful times.

# Mindfulness Meditation Complete Workbook

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Koerbel**



## **Mindfulness Meditation Complete Workbook:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Mindfulness Meditation Complete Workbook** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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