Mindfulness

for High Achievers & Busy Minds

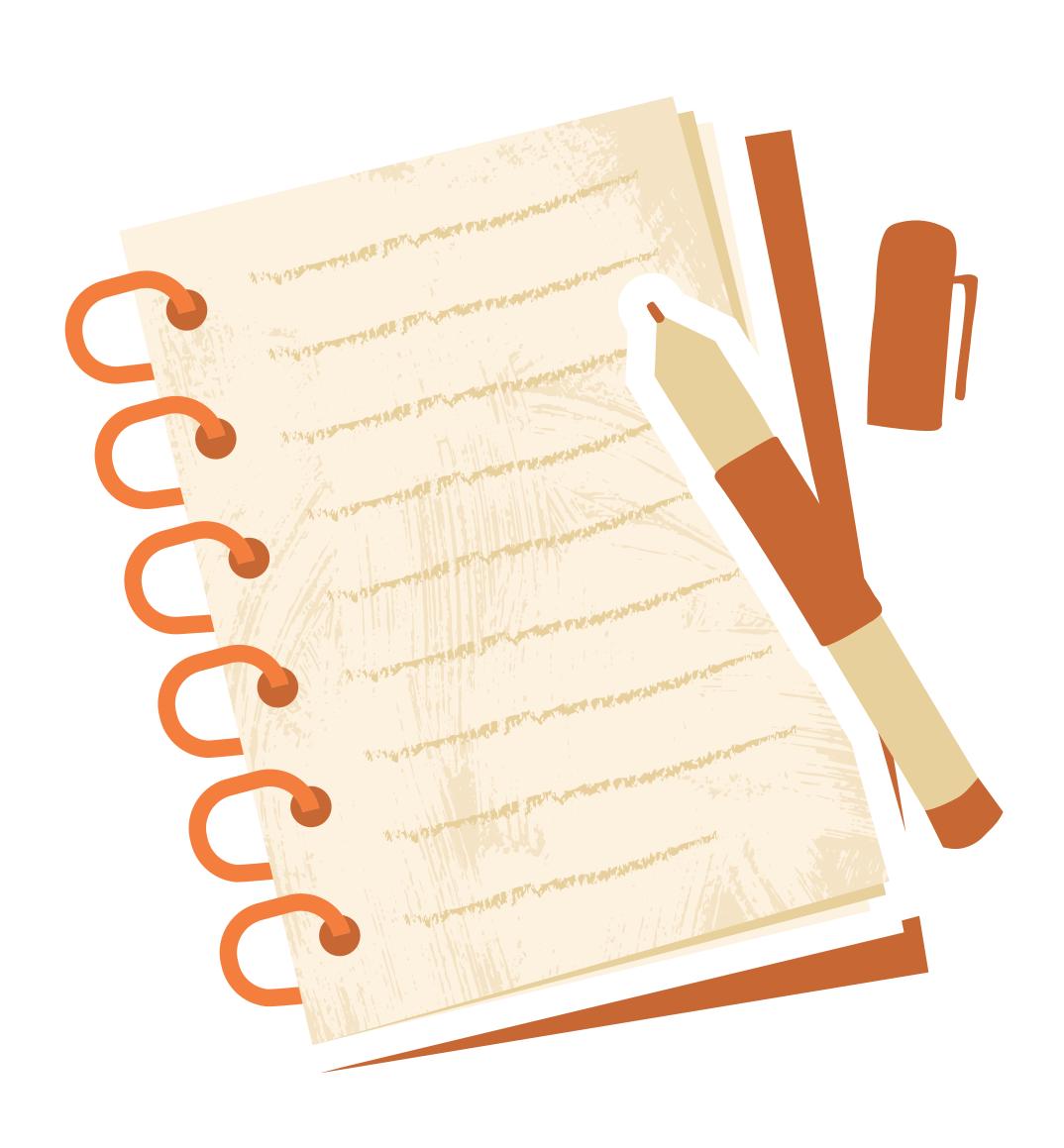


Presented by Maria Serbus

Building a mindfulness practice

- 1. Short & Simple Counts!
- 2. Create a space for it!
- 3. Explore a variety.
- 4. You are not alone, grab a friend, a guide, or someone to help if you're feeling stuck.





Mindfulness Session Notes

Additional Resources

- Join the Newsletter.
- Sign up for Mindfulness Text Reminder Support Line.