

MINDFULNESS MENU

by _____

Starters, 4 - 5 mins

(short or small practices that can sustain you till you have space for Mains)

Mains, 20 mins or more

(Fulfilling practices you can enjoy when you have more time carved out)

Desserts

(These are practices you enjoy, no matter how big or small. They feel yummy to you and bring pleasure anytime you do them.)