

# MINDFULNESS: A PRACTICE THAT CHANGES LIVES

Calm your mind. Heal your body. Strengthen your life.

WHAT IS MINDFULNESS? IT IS THE STATE OF CONSCIOUS AND INTENTIONAL ATTENTION TO THE PRESENT MOMENT, WITHOUT JUDGMENT.

## **Reduces stress, anxiety, and depression**

- feeling up to 67% less stressed after 8 weeks
- reduction of depression symptoms by up to 75%

## **Relieves pain naturally**

- reduces physical pain by up to 27%
- reduces emotional pain by up to 44%

## **Improves concentration and memory**

- improves the duration of attention
- strengthens emotional ability

## **Increases emotional resilience**

- helps to respond to stress
- helps to build long-term habits of kindness and patience

## **Improves the performance**

- at sport
- at school



10 minutes a day can improve your life.  
No need for experience, just a starting point!

For more information:

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