

PLAYING ATTENTION



TRAINING THE MUSCLE OF YOUR MIND

.b

1. "ATTENTION"

IS LIKE

AIMING OR POINTING A TORCH

IN A PARTICULAR DIRECTION



Practice along with this video



Click on the link to practice along

<https://www.youtube.com/watch?v=LgXZW6Xqokw>



Thrive inside

Our free app

In schools

At home

At work

Mindfulness

About us

Try our free mindfulness app.

Practice your daily meditation and mindfulness exercises from any device.

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

We suggest 10 minutes a day.

What are you waiting for?

DOWNLOAD THE APP NOW AND SEE FOR YOURSELF!

