PLAYING ATTENTION



TRAINING THE MUSCLE OF YOUR MIND



AIMING OR POINTING A TORCH
IN A PARTICULAR DIRECTION

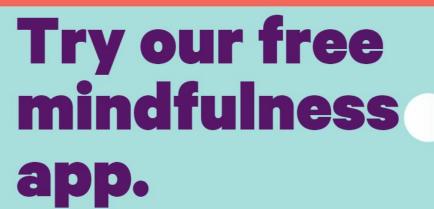


Practice along with this video



Click on the link to practice along

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



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!

