

## How does mindfulness apply to our everyday life?

People seem to be talking a lot about mindfulness.... from coloring books and phrases like "live in the moment," to meditating at work. (especially at tech giants like Google) But what exactly is mindfulness?

### Mindfulness is:

- Attention
- Positive habits
- Mono-tasking
- Slowing down

### Mindfulness is also a component of holistic health care

- Chiropractors align the body
- Reiki balances energy
- Mindfulness clears the mind

### Mindfulness Immersion

#### Onesy price

\$179

#### Bring a friend

\$150/person

- **Includes** cooking a meal together
- **Applies** mindfulness to everyday life
- **Demonstrates** practical benefits of living mindfully
- **Small group size**

## PositiveEnabler

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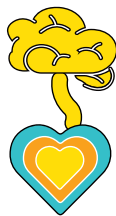
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# the *tao* of mindfulness

mindful immersion workshops

rushed  
worried  
self-doubt  
emotionally reactive  
uncertain  
frazzled  
anxious



presence  
self-confidence  
purposeful action  
in the moment  
balanced  
calm



### Tom Tortorich, Micayla Harland

Tom created Positive Enabler in 2015 after concluding his corporate web design career. Positive Enabler itself was positively enabled by Micayla in 2016. Together, our mission is to amplify the effect mindfulness is having on our culture.

As Jon-Kabat Zinn 'pun'-tificates, "mindfulness can help us come to our senses before it's too late."

Want to know more? (or register)

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