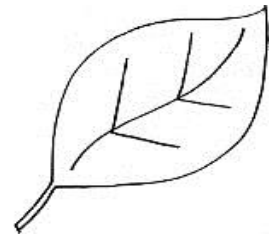




# Meditation & Mindfulness



Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. It invites us to stop, breathe, observe, and connect with one's inner experience. There are many ways to bring mindfulness into one's life, such as meditation, yoga, art, or time in nature.

**Meditate on this mantra as you color the mandala below:**

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*I am in perfect balance. I am physically and emotionally connected and healed. I am free of worry and I am at peace with who I am. Every day I grow stronger and more relaxed. I love myself and life.*

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