

Meditation Mindfulness

These are the buzzwords now a days.
But also have a lot of misconceptions
attached with them like:

1. It's boring, can't sit for an hour like that
2. It's for monks
3. I am too young for it
4. It's for yoga retreats
5. Must be done on beach or in cave.....

As part of our 90 min Programs, we share
with you a simple 5 min meditation
technique which can bust all the
misconceptions and will give you some
real mental health benefits:

1. Improved concentration
2. Better stress management
3. Reduction in anxiety
4. Importantly, Increased self- awareness

Are U Ready?

www.missionzero.org.au/school-programs

