



Mindfulness On The Go Cards: 52 Simple Meditation Practices You Can Do Anywhere (Paperback)

By Jan Chozen Bays

Shambhala Publications Inc, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. A card set of 52 mindfulness practices that don't involve silent sitting--simple techniques anyone can do, based on the best-selling book Mindfulness on the Go. Mindfulness is a simple practice with seemingly limitless benefits. And, contrary to popular belief, learning it does not require sitting motionless for hours in the lotus position. You can in fact access it right now--and this little deck of cards is a convenient way to get started. Each of the 52 cards presents one of the exercises Zen teacher Jan Chozen Bays has developed for fostering mindful awareness among her students. It's as easy as: Observing the sensations of eating ? checking in while driving your car ? taking three breaths whenever a phone rings ? aiming to be on time to everything for a week ? conscious smiling ? relaxing your hands several times a day ? resolving to pay a compliment daily ? listening like a sponge ? and so forth Pick a card a week and try it. Before long these small moments of awareness will accumulate to infuse your days with the wisdom and...



READ ONLINE
[5.87 MB]

Reviews

The most effective publication i at any time read. We have study and i am sure that i will likely to read yet again once again in the foreseeable future. You will not truly feel monotony at anytime of your time (that's what catalogs are for about in the event you request me).

-- **Mr. Rafael Hoeger**

A top quality pdf and also the font applied was fascinating to learn. it was actually writtern extremely properly and valuable. I discovered this publication from my i and dad recommended this publication to find out.

-- **Jan Schowalter**

Other Books



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Simple Signing with Young Children : A Guide for Infant, Toddler, and Preschool Teachers

Book Condition: Brand New. Book Condition: Brand New.



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



On the seventh grade language - Jiangsu version supporting materials - Tsinghua University Beijing University students efficient learning

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 116 Publisher: Beijing Education Press Pub. Date :2009-6-1. Colorful three-dimensional law degree to help read the story to help...



Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style (Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a very time limited period you can download...