

# Weekly Newsletter

Your weekly newsletter about mindfulness!!

## This week's Practice

Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

## This weeks Quote

"Mindfulness is deliberately paying full attention to what is happening around you- in your body, heart, and mind. Mindfulness is awareness without criticism or judgment." - Jan Chozen Bays



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[www.mindfulness4now.com](http://www.mindfulness4now.com)



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## This Week on Mindfulness4NOW

Meditation has shown in improve, improve attention, decrease job burnout, improve sleep, improve diabetes control.