

THE ATC OF MINDFULNESS

PART ONE - A

A - Aware

It is not by chance that mindfulness practices teach us to be aware. To be aware of our surroundings, our feelings and even our breathing.

This is because being aware encourages us to be present in the moment, rather than focusing on things behind or in front of us, and this is one of the fundamental principles of mindfulness in some circles.

As you colour the design below, try and focus all of your attention on the task at hand. Where possible, do this away from other distractions and simply colour and enjoy some 'me time'.



