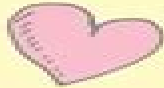


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special in every
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your phone while
eating meals



Feel the warm
sunshine on your
skin



Relieve stress
with bath
meditation



Observe your inner
experience while
watching a movie



Focus your
attention on your
own breathing



Listen to the
music and
experience it
on a deep level



Pamper and
moisturize your
body with self
massage



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morning routine

Mindfulness Exercises For Beginners

Christian G. Meyer



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