MINDFULNESS

The Mother of all Virtues



"Just like the elephant footprint can fit in the footprint of all animals in the forest, Mindfulness can hold all virtues." — Buddha.

"Through the mindfulness practice we often become more patient, kind, brave, compassionate and selfless."



Which of those virtues would you like to cultivate further?



Keen to learn more?

BOOK A CONSULTATION CALL TODAY!

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