



Minutes of Mindfulness

I **nourish** my body, mind and spirit for all are linked and **all are one**. My body **radiates** with health and vitality; it is nourished and cared for. My mind is **peaceful, expansive** and **open** to whatever may arise. My **spirit** rests in **contentment** and peace. **Joy** swirls from my heart, weaving and dancing, a golden thread uniting **body, mind & spirit**.



REST, RELAX AND REVIVE

- Take time for you this week to recharge the batteries . If not now, when? Now is as good a time as any. What is your favourite way to relax?
 - Spend some time in a nice long bath, with tantalising aromatherapy oils and that book or magazine you've been meaning to read.
- Head outside for a walk in nature, admiring the beauty that exists in the colours and textures around you. Inhale the fresh air deeply, invigorating the body and mind.
 - Practice your mindful breathing.
- Book yourself in for a massage or a reflexology treatment.
- Go to bed 30 minutes earlier than usual at least two nights a week.