

MINDFUL MOVEMENT

non-judgement

Curiosity

stress resilience

mind body connection

strong bones

slower cognitive decline

breathe better

self kindness

reduces anxiety

healthy heart

yoga



improve diabetes

less pain

+immune response

Mindfulness Association

direct experience

body sensations

less inflammation

reduces depression

live longer

+awareness

Age well

+quality of life

improved mental health

QiGong

TaiChi

self-efficacy

JOIN US FOR A COURSE OF MINDFUL MOVEMENT

www.mindfulnessassociation.net