

# What is Mindfulness?

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# introduction



# What to Expect

1. OVERVIEW OF TOPIC
2. PRACTICE
3. DISCUSSION
4. CLOSING PRACTICE



# Views Expressed Disclaimer

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Speaker: [Ravi Tangri](#)

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# The Series at a Glance

## JANUARY & FEBRUARY

- 1/22 - Breathwork
- 2/5 – Body Scan
- 2/19 - Grounding

## MARCH

- 03/04 – Sound Bath
- 3/18 – Three Circles of Emotions

## APRIL

- 04/01 - Meditation
- 4/15 – Mindful Eating
- 4/29 – Stream of Consciousness Journaling

# summary





thank you

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