

FREE DOWNLOAD



A zone of Mindfulness

**Introducing the Magical
Exercises that snaps you
into the present moment,
giving you a better grasp
of your situation!**

www.aryasaar.com



Welcome to the world of mindfulness exercises, where each moment becomes an opportunity for self-discovery and tranquility. This guide aims to introduce you to simple yet powerful exercises that can be easily incorporated into your daily routine.

Mindfulness is not just a practice; it's a journey to a more present, peaceful, and fulfilling life.

The present moment is filled with joy and happiness. If you are attentive, you will see it."

- Thich Nhat Hanh



PDF INCLUDES



**This PDF Comprises
Three brief Exercises Designed to
Enhance Mindfulness .**



EXERCISE NO. 1

GRATITUDE



EXERCISE NO. 2

HAND BREATHING



EXERCISE NO. 3

**JOURNALING
WHAT'S IN YOUR MIND
HOW ARE YOU FEELING?**

*Find a cozy Corner, relax, and
forget about the world*



EXERCISE NO. 1

GRATITUDE

To begin, cultivate a sense of gratitude.

Please list three things for which you are grateful.



TODAY I'M GRATEFUL FOR

1	
2	
3	

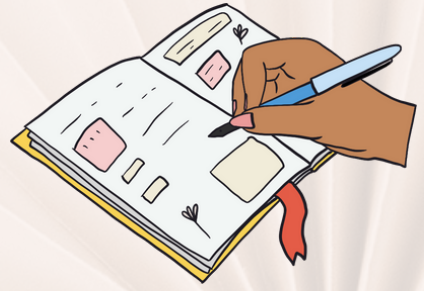
EXERCISE NO. 2

HAND BREATHING



1. Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out. Finishing with five deep breaths.
2. When you're done, use your other hand and repeat the exercise.

WRITE
EXERCISE NO. 3



WHAT'S IN YOUR MIND
HOW ARE YOU FEELING



Kindly share your experience.

I HOPE that the "Zone of Mindfulness" PDF offered you valuable insights to gain clarity about your situation and empowered you to overcome any fears.

If this has helped you in any way, let me know.

I LOVE seeing your reviews. so feel free to share your experience with me on

Instagram @ARYASAAR



Dr. Poonam Arya