



# EXPLORE MINDFULNESS

**Turn off the 'autopilot' and live with more ease, awareness and intention**



**Improve health and wellbeing**



**Reduce stress and anxiety**



**Boost performance and productivity**



**Increase self awareness**



**Build better relationships**



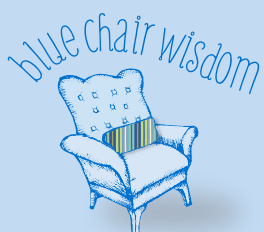
**Develop greater resilience**



**Improve emotional regulation**



**Strengthen focus and concentration**



**Developed for Sandfield by Brenda Wille**

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