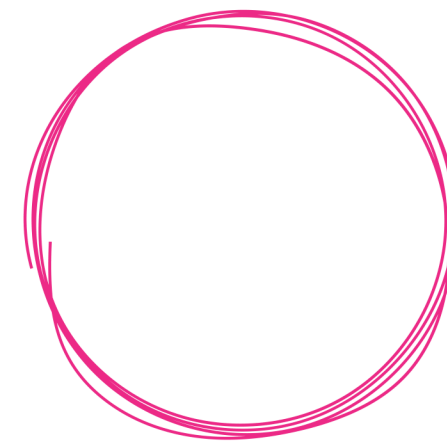


# Mind Full vs Mindful

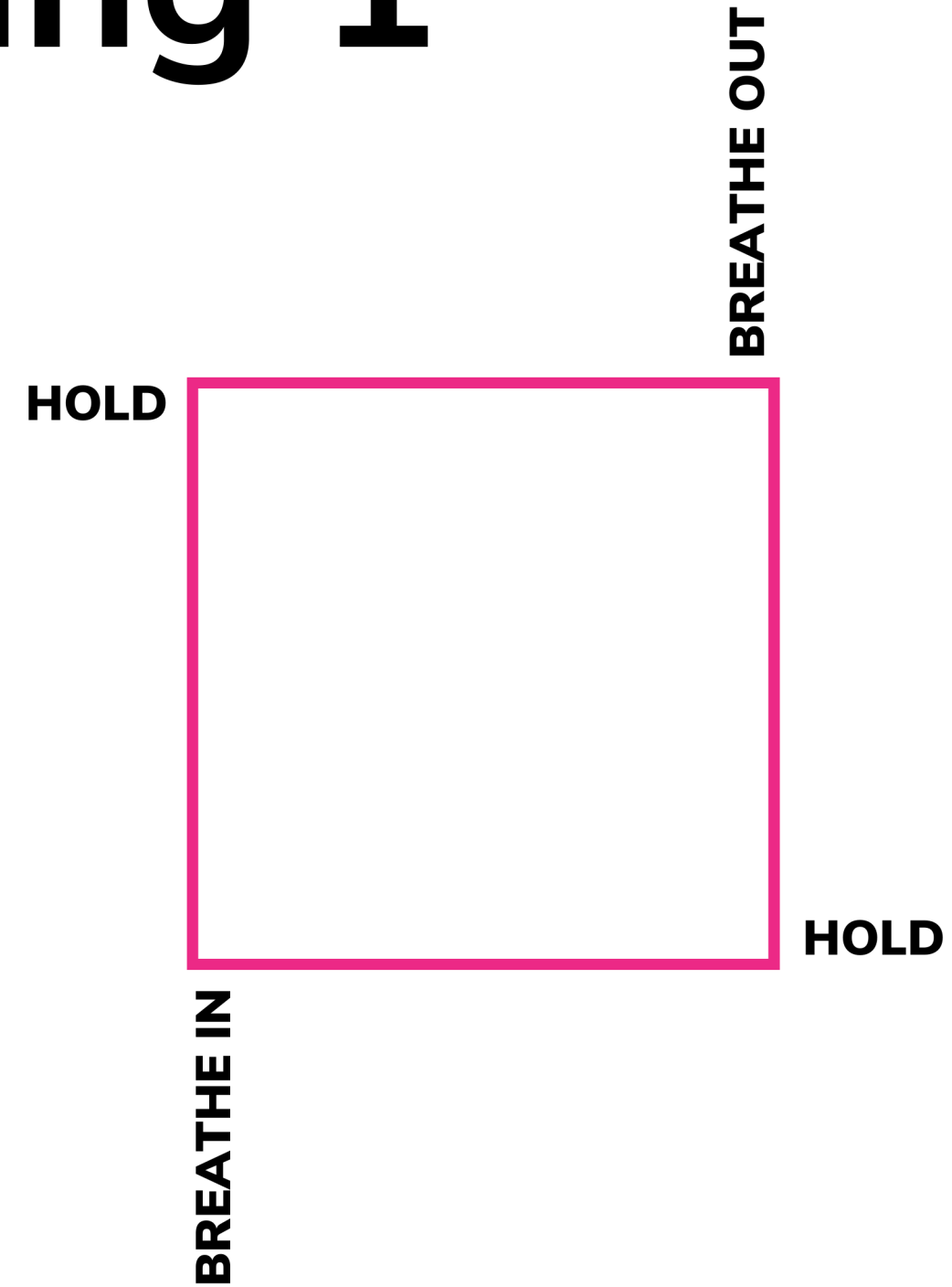


**MIND FULL**

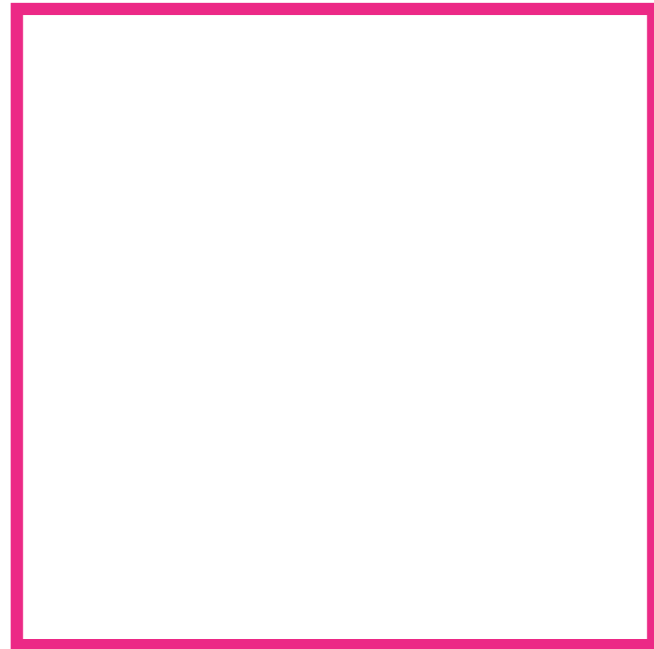


**MINDFUL**

# Box Breathing 1



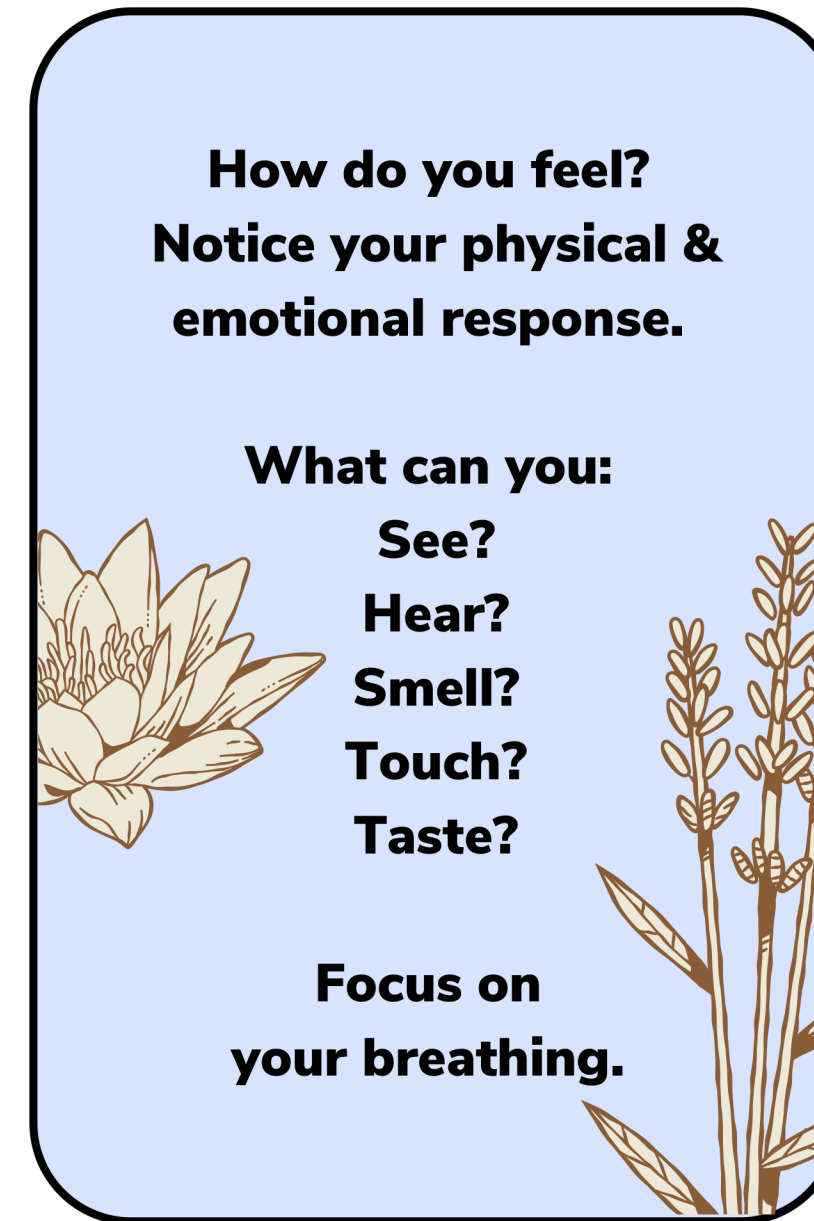
# Box Breathing 2



# Mindfulness Card example



FRONT



BACK