



PAUSING TO BE PRESENT & KIND

# Pausing to be present

- Engage in this practice anytime when you can give yourself some quiet space and privacy.
- After this practice, during the course of the remaining day, pause intentionally to reawaken your senses. Feel the bodily sensations and listen to the sounds.
- With regular practice you will be at ease with pausing to be present.

## Emotional Wellbeing

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