

12 Mindfulness Exercises



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Practice**



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Breathing**



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Meditation**



**Sitting
Meditation**



**Mindful
Eating**



**Dance
A Little**



**Shaking
Meditation**



**Mindful
Intention Setting**



**Gratitude
List**



Yoga



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Meditation**



**Connect To
Your Senses**

Mindfulness Exercises Top United States

TD Snyder



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