

TRACY CIPRYK



MINDFUL

PRACTICES

NAMASTE



*Be mindful.
even if your
mind is full!*

MINDFUL MEDITATION

Unplug, reset and recharge. Cultivating mindfulness is the key to overcoming suffering and recognizing natural wisdom: both our own and others. Mindful meditation unfolds in a series of steps that move you from your external world into one of self discovery and deep meditation. Learn and practice the skills of mindful meditation for a deeper understanding of self and the world around you.

YOGA

Yoga is a physical, mental, and spiritual practice or discipline which originated in India. There is a broad variety of schools, practices, and goals in Hinduism, Buddhism, and Jainism. This practice explores different lineages while continuing to maintain a balance between the physical, mental and spirit aspects. The body is different everyday and so should your practice be.