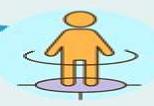
BODY SCAN



Start by sitting or lying down in a comfortable position. Slowly scan your body from head to toe, noticing any sensations or areas of tension.

MINDFUL BREATHING

Find a quiet place and sit in a comfortable position. Close your eyes and focus your attention on your breath.

MINDFULNESS



FIVE SENSES EXERCISE

Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.



MINDFUL EATING

Choose a small piece of food, such as a raisin or a slice of fruit Slowly take a bite and savor the flavor, paying attention to the taste and the sensations in your mouth.



Find a quiet outdoor space or a hallway where you can walk without distractions. Notice the sensation of your feet touching the ground, the movement of your body, and the surrounding environment.

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of the mehndi culture muslim women in medieval times used to wear unique and new style mehndi designs on their hands during festivals like eid the art crossed the mountains and became popular in india and pakistan as well