

12 Mindfulness Exercises



**Body Scan
Practice**



**Mindful
Breathing**



**Walking
Meditation**



**Sitting
Meditation**



**Mindful
Eating**



**Dance
A Little**



**Gratitude
List**



Yoga



**Music
Meditation**



**Shaking
Meditation**



**Mindful
Intention Setting**



**Connect To
Your Senses**

Mindfulness Exercises Workout Plan California

Puja Mehta

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