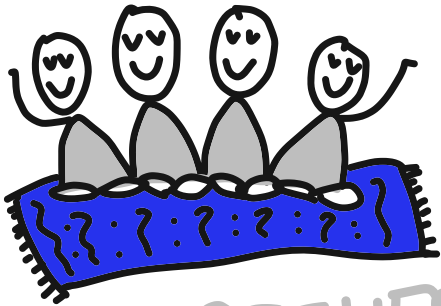


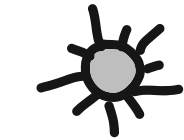
PERSONAL SUMMARY BY KATI ORAV

- Do it with your **family**



TOGETHER
is BETTER!

- Create a **HABIT**



every MORNING and EVENING



- FIND A GOOD **APP** like



INSIGHT TIMER
it really helps ♥

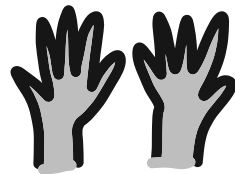
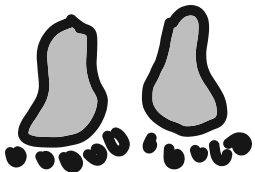
• Practices of **MEDITATION**

Focus on:

+ **BREATHING**



+ **FEET**



+ **HANDS**

Practice
makes
PERFECT!

THAT
HELP TO CLEAR
YOUR MIND

SOME TIPS!

• **EYES OPEN?**



• **SOUND**

• **REJECT**
every idea

