



ON DEMAND | 60 MINUTES

Mindful Moments

A Meditation Session

Learn meditation practices that cultivate everyday mindfulness.

By engaging consciously with your body, mind and soul you will open up to a deeper understanding about life and living available in the present moment.

You will be practicing sitting, lying, standing and walking meditation, engaging with your natural senses to discover how you can return to the present moment in any situation.

Mindfulness promotes physical, mental and emotional health and healing when practiced regularly by changing the way your brain and nervous system is wired.

I use ancient mindfulness practices explained in simple and modern ways.



Caroline Yazı | Holistic Life Coach

I offer inspiration and support for a holistic lifestyle to motivated individuals and groups.

www.carolineyazi.com