

# **NO HASSLE MINDFULNESS**

## **WHAT IS MINDFULNESS?**

(headspace.com)

**"Put simply, meditation is the practice of awareness and compassion in a controlled environment. [...] Now we might think that this is hard enough as it is, nevermind trying to apply the same awareness to activities in everyday life. But that's what mindfulness is, simply being present with whatever we are doing at the time and, with the right guidance, it's actually much easier than it sounds. That doesn't mean being present 24/7 [...] but we can definitely set out to do certain activities with the specific intention of remaining aware"**

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