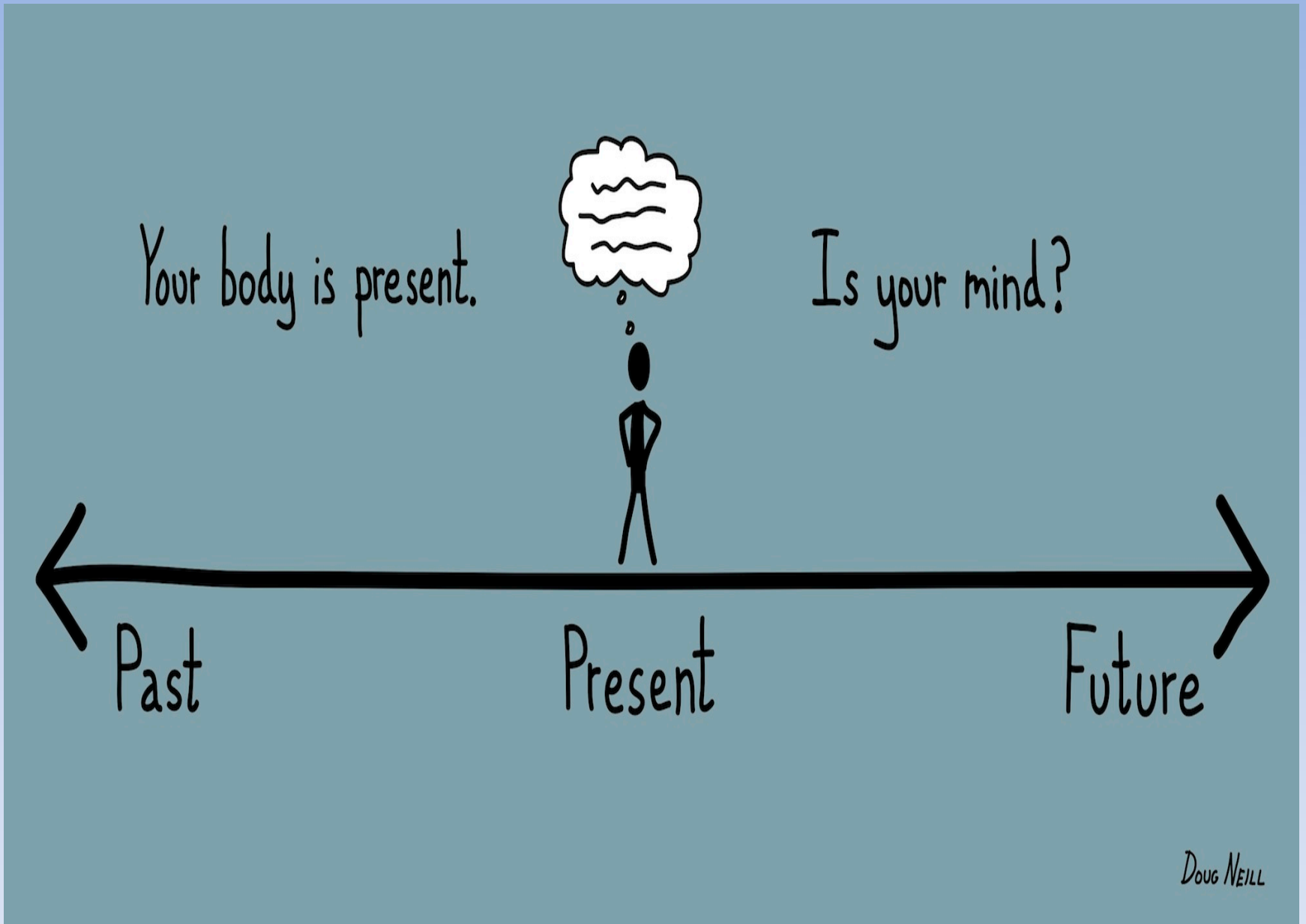


Mindfulness & The Advanced Mindset





and learn how to restore, renew.



we can learn how to stay focused in the present.



your body with an advanced mindset.

A stack of five smooth, dark grey stones is balanced on a reflective surface. The stones are stacked from largest at the bottom to smallest at the top. The word "Empower" is written in a white, outlined font across the middle of the stack. The background is a light blue gradient, and the surface shows concentric ripples around the base of the stones.


Empower

is to practice prevention and create abundance.



Advance

your mindset to help your body regulate, repair.



Practice
MINDFULNESS

to create positive habits & well-being.

A photograph of three young people sitting on the floor in a room with lockers and chairs in the background. They are all meditating with their eyes closed and hands resting on their knees. The person on the left is a young man with dark, curly hair wearing an orange t-shirt. The person in the middle is a young woman with long dark hair wearing a white t-shirt with a graphic that says 'NOT ATLANTA APPEARANCE OF THE NEW SENSATION ALTON JOHN and his own BIG SHOW' and 'WEDNESDAY JUNE 8th 8:00 P.M.' The person on the right is a young woman with long dark hair wearing a grey t-shirt with 'Cor' visible and a black puffer vest. The text 'Higher Vibrational Living' is overlaid in the center of the image in a white, bold, sans-serif font with a blue outline.

Higher Vibrational Living

to stay happy and in-tune with your purpose.

Mindfulness

Homeostasis



Happens when we are mindful of our choices.

Awareness



is the first step to developing resilient personality traits.

A vibrant sunset sky with the sun low on the horizon, casting a golden glow. The sky transitions from deep blue at the top to orange and red near the horizon. Wispy white and grey clouds are scattered across the scene, with sunbeams radiating from the sun's position. The word "Peace" is centered in the upper half of the image in a white, sans-serif font with a subtle drop shadow.

Peace

We are capable of cultivating this with advanced health techniques and mindful practices.



Relax
Heal
Empower
Advance
Higher Vibrational Living
Homeostasis
Awareness
Peace

**Mindfulness &
The Advanced Mindset
Course Number 60350**

