

Start Here



- -
 -
 -
 -
 -
 -
-
-

- -
 -
 -
 -
 -
 -
-
-

No Somewhat Very Much So



Brief Mindfulness

Rapid stress reduction; enjoyable high performance

shakya@briefmindfulness.com
+44-(0)-7981-097768
www.briefmindfulness.com



Brief Mindfulness

Rapid stress reduction; enjoyable high performance

shakya@briefmindfulness.com
+44-(0)-7981-097768
www.briefmindfulness.com