

MINDFULNESS MOMENTS PRESENTATION BUNDLE

Full Year of
Weekly Practice

Editable Video
Links

Variety of Mindful
Practice

Body Rolls



Slowly roll your head in a circle, pausing at any tight spots. Repeat in the opposite direction. Breathe with each movement. Next, roll your shoulders back a couple times and then forwards a couple times. Continue by rolling your wrists inside and then outside. Finally, roll your ankles, one at a time.

