

# **Mindfulness The Most Effective Techniques Connect With Your Inner Self To Reach Your Goals Easily And Peacefully**

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- Developing the skill of mindfulness is the key to being a masterful coach Deepening your coaching presence through mindfulness practices increases your

## **Zen Beginner s Guide Happy Peaceful and Focused**

- Zen Beginner s Guide Happy Peaceful and Focused Lifestyle for Everyone Buddhism Meditation Mindfulness Success Positive Psychology Coaching Series

## **The Noble Eightfold Path The Way to the End of Suffering**

November 13th, 2018 - Preface The essence of the Buddha s teaching can be summed up in two principles the Four Noble Truths and the Noble Eightfold Path The first covers the

## **Power House Yoga Berwick Our Team**

November 8th, 2018 - Hello My name is Dee and I am the founder and Managing Director of Power House Yoga Let me tell you a little bit about myselfâ€¦ My yoga journey started

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