

AGE – Rauma 22.1.2015

Mindfulness – theory and practice/ Tuula Lehtonen

- ✓ Presentation – with postcards
  
- ✓ Finland wildlife - Wild Taiga forest 10 min  
<https://www.youtube.com/watch?v=avDmKGQPoFs>
  
- ✓ Mindfulness in nutshell – theory - handouts
  
- ✓ Mindfulness Guided Meditation - 5 Minutes  
<https://www.youtube.com/watch?v=dEzbdLn2bJc>
  
- ✓ Three Minute Mindfulness Meditation – 5 min  
<https://www.youtube.com/watch?v=cDflnqo0TQs>
  
- ✓ Conversation and summary