



MINDFULNESS IN ARABIC (MiA) FOR REFUGEES AND DISPLACED PEOPLES

Thank you! And congratulations! for walking with us through this full week. We hope it has given you some curiosity and motivation to join us on the next 7 weeks of Mindfulness in Arabic.

Inshallah you shall use these small yet vital gifts throughout your daily life. Even just these initial exercises, we believe you will be surprised how they may affect for the good when practiced daily.

Choose one or two, choose a time in the day you can give ten minutes to yourself. Try it out over 14 days, maybe even 21; that's our recommendation for making it a healthy habit. And yet we know it is not always easy to do so... stay curious and kind to what you can.

Remember, we are curious as to how and where you shall find them beneficial!

Hang in there, hope to see you in our next week of MiA, we believe it will be worthwhile and even more juicy. Stay curious for an Olive Meditation

So please write to us (:

Blessings for the way: May your path will be eased and your pain will be relieved and the doors will be open for you, wherever you are.