

Marie Berwald **How to Cultivate Mindfulness**

١	What is Mindfulness?
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١	What is one way to have a formal practice?
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V	What are some of the oils that Marie Berwald shares to pair with your mindfulness practice?
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ŀ	How can you use the oils as part of your mindfulness practice?
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ľ	What is informal practice?
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١	When will you try Marie's Mindfulness Challenge this week?
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