



# Mindful Meditation For Spring

Meditation



# Meditation Preparation



Silence your phone



Exit out  
of email



Create a  
quiet  
Space



Play  
music







# Savoring



**Savoring is the ability to take time to enjoy small pleasures in life**

**4 core processes:**

1. marveling
2. thanksgiving
3. basking
4. luxuriating

## Contact:



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