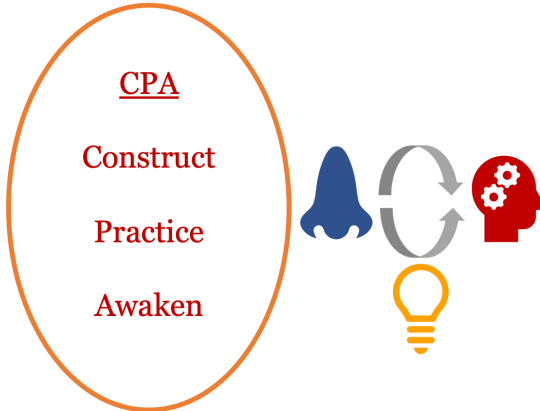




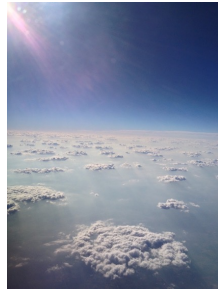
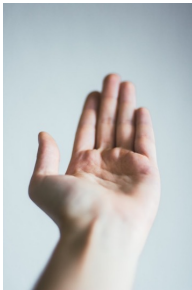
Session 2: Focus Creating Mental Space

Practice Daily. Rewire. Mental Workout.

The CPA 8 Minute Mindfulness Practice™



Mental Space is the High Road to Innovation



Mindful vs. MindFULL?