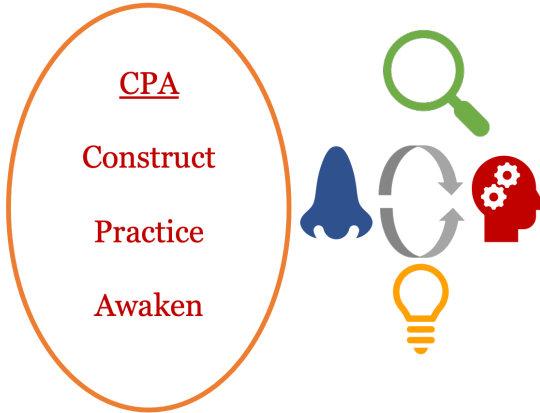




Session 4: Curiosity A Beginner's Mind

Settling In. Focus. Clarity. Curiosity.

The CPA 8 Minute Mindfulness Practice™



Examine the Nature of your Thoughts.

A Beginner's Mind = Curiosity with a Purpose



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The Joy of Wonder