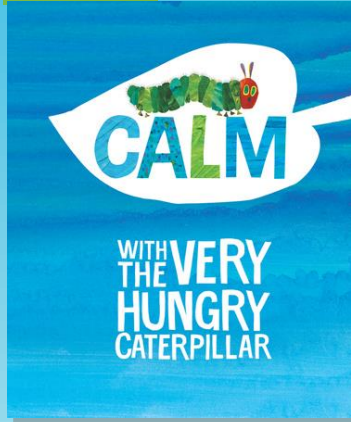


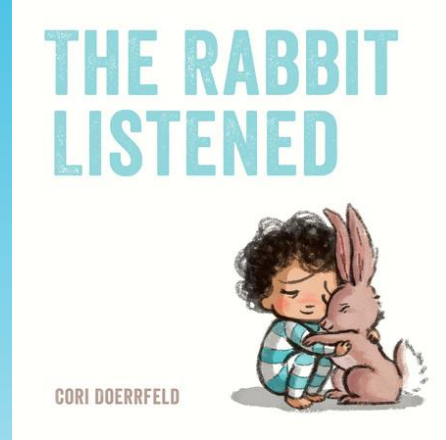
# Live in the Present Moment

In an increasingly chaotic world, take a moment to pause and practice mindfulness with young ones. More titles [HERE](#).

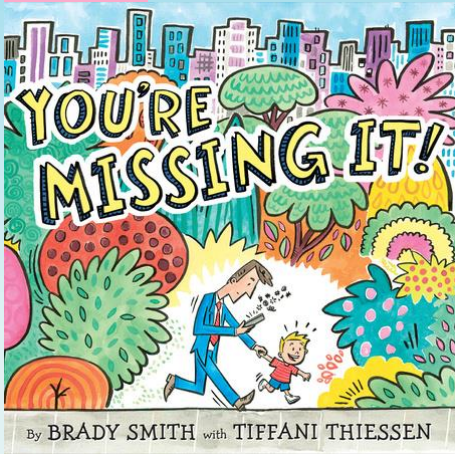
Breathe



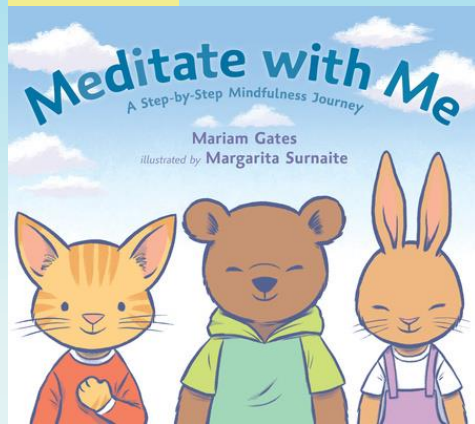
Listen



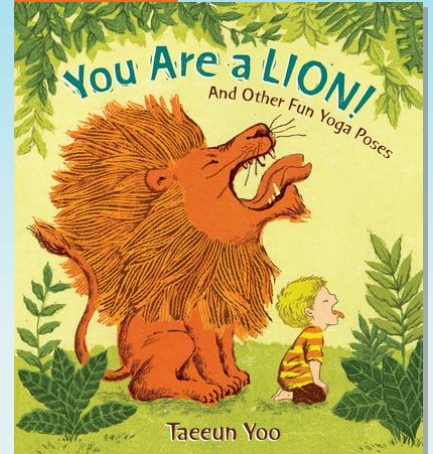
Unplug



Meditate



Stretch



# Live in the Present Moment

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Breathe

Listen

Unplug

Meditate

Stretch

