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5 pr ticas simples de mindfulness para transformar sua rotina  
30 pr ticas de mindfulness para o seu dia a dia  
namu como praticar mindfulness  
7 t cnicas simples que 10 t cnicas de mindfulness para transformar sua vida hoje  
mindfulness para iniciantes t cnicas simples para aliviar o estresse  
13 pr ticas de mindfulness simples innercalm  
mindfulness o que   origem e 17 pr ticas para aprender exerc cios de mindfulness pr ticas simples para o dia a dia  
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sep 16 2025 este artigo apresenta pr ticas simples e eficazes para trazer mais presen-a e consciªncia ao seu dia a dia com base nas estrat®gias recomendadas por especialistas

jul 8 2025   neste artigo voc° vai descobrir 30 pr ticas simples e eficazes para cultivar a  
aten-«o plena em diferentes momentos do seu dia desde t®cnicas matinais at® rituais

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nessa e-book ela compartilha 13 práticas simples e eficazes de mindfulness para quem deseja desacelerar se reconectar consigo mesmo e cultivar uma vida mais leve, consciente e

ao longo deste artigo voc° vai entender o que ® mindfulness como aplicar no dia a dia e de que forma essa pr tica pode transformar seu modo de planejar tarefas metas e at® estrat®gias de

aprenda exerc cios de mindfulness f ceis de aplicar na rotina reduza o estresse melhore o foco e cultive mais bem estar com pr ticas de aten-«o plena

praticar mindfulness ® um convite para desacelerar reconectar corpo e mente e descobrir o poder do presente confira dicas de como praticar aqui

jul 11 2024 como tornar o mindfulness parte da nossa rotina corrida ahh eu tenho algumas dicas simples e eficazes para compartilhar com voc° venha comigo e descubra como trazer

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