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sep 16 2025 este artigo apresenta práticas simples e eficazes para trazer mais presença e consciência ao seu dia a dia com base nas estratégias recomendadas por especialistas

mar 26 2025 descubra técnicas práticas de mindfulness para reduzir estresse e ansiedade guia completo com exercícios simples para iniciantes

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ao longo deste artigo você vai entender o que é mindfulness como aplicar no dia a dia e de que forma essa prática pode transformar seu modo de planejar tarefas metas e até estratégias de vida ou de

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

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

a prática envolve exercícios simples como respiração consciente observação do corpo jogos de percepção e atividades lúdicas ajudando a desenvolver foco autocontrole e bem estar emocional

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