

HAVE A CUP OF POSITIVI-TEA

TAKE SOME TIME TO HAVE AN 'INFUSION MINDFULNESS MOMENT'



MINDFUL MOMENT 1

Select your favourite cup and carefully place it down. Choose your desired tea and place it in your cup.



MINDFUL MOMENT 2

As the water boils, take this moment to be still; breathe, and remember, right now there is nowhere else you need to be.



MINDFUL MOMENT 3

Once the water has boiled, fill your cup, observe as the leaves and herbs begin to infuse and expand.

MINDFUL MOMENT 4

Allow your tea to infuse properly. Use this time to enjoy the 3-minute **Infusion Mindfulness**. Simply let your mind become still.

MINDFUL MOMENT 5

Your tea is ready. As you take the first sip, notice the warmth on your lips and taste the delicate flavours. Reflect on its nurturing benefits.

MINDFUL MOMENT 6

Thank yourself for taking this time to nourish your mind and body. Continue your day with a smile.

