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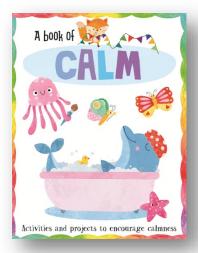
CALM * FRIENDHIP * HAPPINESS * KINDNESS

Eve Robertson * Nastya Rizaeva & Lindsey Sagar

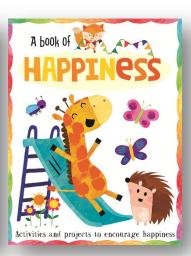
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Filled with activities to develop and encourage mindfulness for ourselves and in our relationships with others.









- Introduce the concept of "mindfulness."
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