



## **Inner Balance**

### **A Six-Week Course in Mindfulness & Clarity**

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#### **A practical path**

rooted in mindfulness and Eastern philosophy  
to ease stress  
and deepen focus  
to build a mind  
that is steady and clear

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#### **The Path**

##### **Week 1 | Awareness & Release**

understand pressure  
begin to soften

##### **Week 2 | Breath & Emotion**

steady the breath  
settle the mind

##### **Week 3 | Focus & Clarity**

reduce inner noise  
return to one thing

##### **Week 4 | Balance & Flow (Dao)**

stop resisting  
move with what is

##### **Week 5 | Choice & Stability**

less hesitation  
clearer decisions

##### **Week 6 | Integration & Daily Life**

bring it into life  
continue the practice & build a sustainable daily routine

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#### **Daily Practice**

- Baduanjin (Eight Section Brocade) : 15minutes  
open the body
- Breath practice: Nine Purification Breaths: 3 minutes  
regulate and balance
- Seated mindfulness: 10-20 minutes  
Anapana (Mindfulness of Breathing) Meditation  
rest with awareness

Simple reflection  
notice what is here



WEST MEETS EAST – ANCIENT MEETS MODERN

**How to Practice**

- slow down
- soften
- when you wander
- gently come back

You don't need to do it well  
just show up

Continue

