

August OMMM Challenge

Are you ready to bring more mindful moments to your day?
Join our 2-week challenge starting Monday August 9!

- ▶ Slow down for 3-60 seconds at some point throughout your day (See the playsheet with examples!)
- ▶ Take a picture, or simply say what you did, and send it to the Soul Inversion WhatsApp chat.
- ▶ See if you can turn this into a lifelong practice!

I can't wait to see how everyone slows down in the next 2 weeks!

“Children have neither a past nor a future. Thus they enjoy the present, which seldom happens to us.”

-Jean de La Bruyère

