

Life on Mindfulness

Guided meditations, teachings, and mindfulness practices

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The
Mindful Center

Life on Mindfulness is an online platform that gives you a clear and dynamic roadmap toward a life of **greater health, well-being, and a lot less stress** through mindfulness. You have access to, daily live guided meditations, exclusive teachings, and short life-enhancing videos.

A **simple approach** to bringing more mindfulness to your life. It's like always having a meditation teacher, right in your pocket, and having a place to go when your life needs a little more mindfulness.

Free access to daily live & recorded mediations.

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with your smartphone or visit:

<https://nmspiaregistration1.themindfulcenter.com/>



**Available on your smart
phone, tablet, or desktop.**

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.