

A close-up photograph of a person's bare foot stepping onto a field of white daisies with yellow centers. The background is a soft-focus field of more daisies under bright, natural light.

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**With every step, I focus
on the here and now.**

~ Marisa Hoslet

MBSR was developed
by Jon Kabat-Zinn

Improving your overall **quality of life**,
more balance, **reducing anxiety**...? Try
Mindfulness-Based Stress Reduction,
a **scientifically proven** method.



**Centrum voor
Mindful Leven**

en.centrumvoomindfulleven.be | marisa.mindfulleven@gmail.com | +32 496 50 75 36