



**Tomorrow is a dream.  
Yesterday is a story.  
Today is what I can have.**

~ Marisa Hoslet

*In every moment I focus here and now.*



**Centrum voor  
Mindful Leven**

*Discover more about Mindfulness-Based Stress Reduction on the website [en.centrumvoormindfulleven.be](https://en.centrumvoormindfulleven.be).*