



Mindfulness: La Meditacion de Conciencia Plena



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Kavindu

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Meditation of full awareness, or mindfulness, is the door to genuine well-being. When embarking on the path of meditation, precise instructions are needed to guide us in the right direction. This book is a contemporary and practical approach to mindfulness, explained through five fundamental principles, from the most basic aspects to the highest levels. With continued practice we can liberate ourselves from conflicting emotions, deactivate the patterns of stress, and discover our habits of negative thinking. This book will prove to be an invaluable tool for us to be able to expand our state of consciousness and live a life that results in personal gain.

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192 pages

About the Author

Kavindu is the cofounder and codirector of the Yoga Espacio school in Mexico City, where he developed the programs Meditation for Life and Buddhism for Life. He was a member of the Buddhist order for 10 years and has taught courses in Mexico, Canada, and Spain. He is the author of *Meditar dia a dia.*"

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