

Welcome to the
TINY BUDDHA
MINDFULNESS KIT
Experience



By Lori Deschene, Tiny Buddha Founder

Hello friend! You're likely reading this today for one of two reasons:

1. You've heard how mindfulness can positively impact your life and you decided to experience the benefits for yourself with Tiny Buddha's Mindfulness Kit.
2. You already practice mindfulness and want to enhance your practice with the various tools and techniques provided in the kit.

For those who are new to mindfulness: No other practice can so profoundly transform all aspects of your life. It's backed by science, used in all kinds of settings now—from schools to hospitals to board rooms—and it's been proven to improve your physical, mental, and emotional health.

Mindfulness is essentially non-judgmental present moment awareness. It's becoming the observer of your thoughts instead of being enslaved by your mind. In addition to easing a number of physical ailments, mindfulness can help with:

- Emotional regulation
- Impulse control
- Logical decision-making
- Empathy
- Connectedness to others
- Self-awareness

This means mindfulness can not only help you create inner calm, it can also decrease feelings of loneliness, strengthen your relationships, and boost your effectiveness in everything you do.

Mindfulness can also help you see your life through a clearer, brighter lens, enabling you to more fully experience and enjoy what's right in front of you. Without the full weight of your worries, fears, judgments, and regrets, life feels lighter, easier, and far more hopeful, even when things get hard, as they inevitably do for all of us.

I first found mindfulness in my early twenties, when my mind was a tornado of self-hatred, insecurity, and anxiety. If you saw me, you'd have no idea, but I often felt mentally tortured, because my mind was cruel, loud, and relentless.

I was living in NYC at the time, my cockroach-infested dorm-style apartment-room an apt metaphor for my sad, suffocating mind. My life was a complete mess, and I felt lost and alone—until I got to my mat at the yoga studio where I volunteered in exchange for free classes.

The owner, my mentor and savior, commented once that I always looked like I was in a trance whenever I left a class. And in a way, I was. Even if I only experienced mere seconds of inner calm on my mat, it was a mental freedom like I'd never known. This feeling didn't always last long, but I was both comforted and empowered to know I could create it at any time—and in time, with consistent practice, I could learn to sustain those feelings for longer and longer stretches.

That's why I decided to create this kit: to help you experience the same profound sense of peace, calm, and healing so you can be your best self and live your best life.

You might not have a ton of time—or energy or motivation. I created this kit to make mindfulness simple, fun, and relaxing, because it's far easier to form habits when we enjoy them.

Whatever your age, wherever you live, whatever you do for work, mindfulness can help you feel better, live better, and do better, in all areas of your life. And you can start with just a few minutes a day.

What's in the

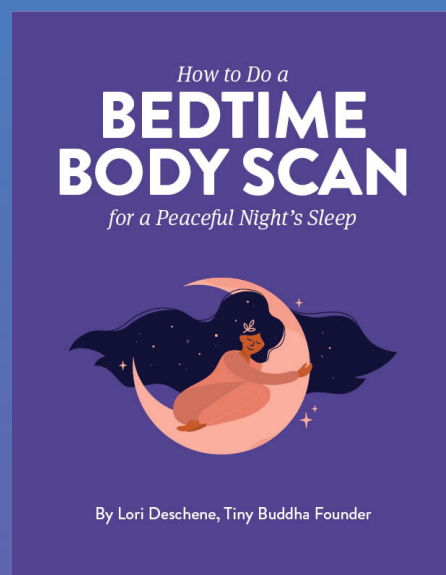
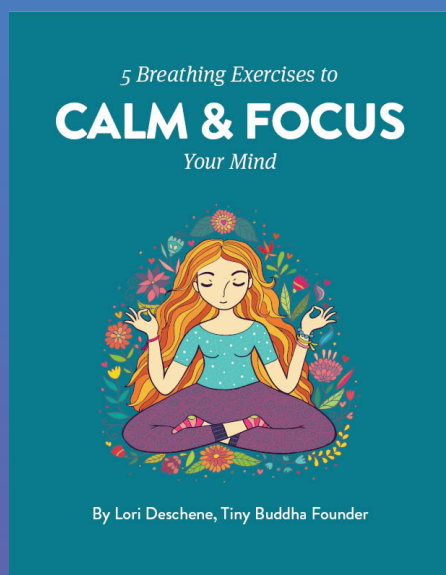
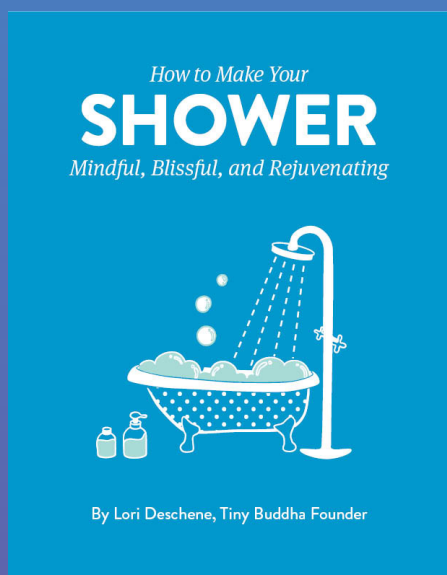
MINDFULNESS KIT?

The Tiny Buddha Mindfulness Kit includes a daily practice guide to break down the art of mindfulness into simple little rituals for morning, noon, and night, and four aromatherapy-based products, including:

- A Soothing Bath and Shower Gel that is formulated to calm your mind and condition and hydrate your skin
- An Essential Oil Roll On to ease tension and invite calmness and relaxation
- A Relaxing Pillow Spray to encourage a peaceful sleep, that can be repurposed as a meditation mist
- A Lychee Flower Scented Candle to uplift your spirit and awaken your senses

Included in this digital pack are three expanded practice guides:

- How to Make Your Shower Mindful, Blissful, and Rejuvenating
- 5 Breathing Exercises to Calm and Focus Your Mind
- How to Do a Bedtime Body Scan for a Peaceful Night Sleep



I hope these products and practices bring you peace, calm, and healing, one mindful moment at a time!

