

THE AIME KNOWLEDGE EXCHANGE

MINDFULNESS: A PRACTICAL APPLICATION

MEGAN FLAMER - FOUNDER,
MINDFUL UNDER FIRE





**mindful
under fire**



**mindful
under fire**

I CAN'T MEDITATE,
MY MIND IS
TOO BUSY...

THAT'S
WHY YOU
MEDITATE!



mindful
under fire



**mindful
under fire**

mindfulness



mindful
under fire



mindful
under fire



**mindful
under fire**



**mindful
under fire**



**mindful
under fire**



**mindful
under fire**



**mindful
under fire**

THE AIME KNOWLEDGE EXCHANGE

PLEASE REVIEW THIS SESSION

IT WILL TAKE LESS THAN 30 SECONDS!

GO TO THE 'SLIDO' BUTTON ON YOUR AIME 2020 APP AND SELECT THE APPROPRIATE SESSION TO ANSWER THE 2 QUESTIONS.

THANK YOU, WE VALUE YOUR FEEDBACK.



THE AIME KNOWLEDGE EXCHANGE

PLEASE NOW PROCEED TO THE
EUREKA ROOM AS NEXT SESSION
WILL START AT 2.45PM

