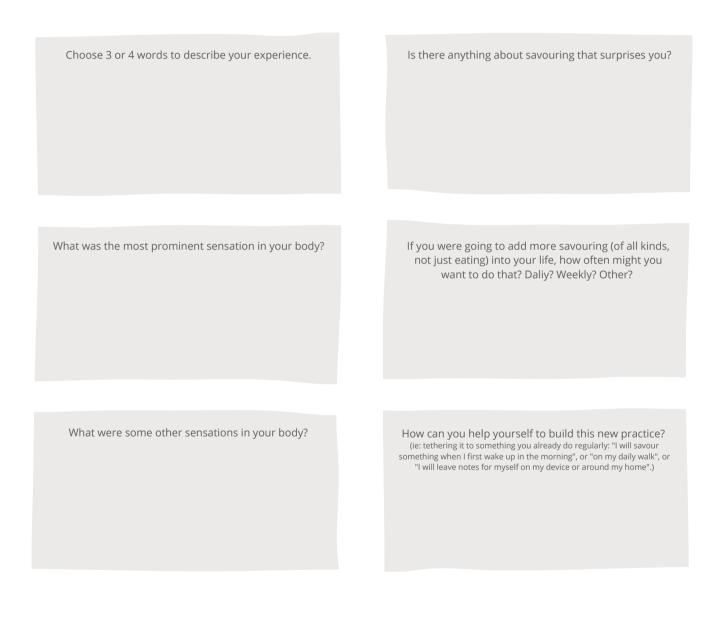
Savouring Something Pleasurable

This is an invitation to spend a few moments reflecting on the experience of savouring your chosen food item, as a way of digging deeper into this powerful practice.





PRINT AND ANSWER this sheet to dig deeper into the practice of savouring.



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PLAY THIS TRACK https://heartwideopen.ca/members Savouring Something Pleasurable