

.0000 000000000000 0000 000000 00000000 0 0000000000 00 00000000

00 00000000 0 0000000000 0000000 000000 000000 000000 0 0000000000
00000 00 0000000000 0000000 000000 000000 00000000000000 000000
00 00 0000000000 :0000000 0 00 0000 0000 00 0000000 000000
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0000000 000000 00000 00000 000 000000 00000000000 0 00000 0000000 00000
0000000 0000 0000000 0000000 000000 0000 00 0000000 0000 0000000 00000 0
:00000000

0000000000 0000000000 :00000000 0 00000 000000000000.1
00000000 00 00000000 00 00000000 0 00000000 000000 00 000000000000
0000 0000000 0000000000000 0000 000000 00 00000000 0000 .00000000 0
.0000000 0000000 00 0000 000000000000 00000000000 0 00000
0000 0000 :0000000000 00000000 00 000000 0000000000 0000000 000000.2
0 0000 0000 00000 00 0000000 00000 00000 00000000 00 000000
.0000000 0000000 000000000000 00 0000000

0 00000 00 00000 0000000 : (Mindfulness) 0000000000000 0000000.3
0000000 0000 0000 00 00000000000 0 0000000 00 0000000 00000 00000
000000000 .0000000 000000000 00 000000000 00000000 0000 000000 0000
0000 00000000 0000000000000 0000000000 00 0000000000 00000
.00000000 0000000 00 0000000 0000000 00 0000000 0000 000000000000

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00 00000 00000 00000000 :00000000 00 00000 0 00000 000000000.1

