



Experience Mindfulness in Your Daily Life with Mind's Eye

Discover mindfulness practices tailored to all age groups with Mind's Eye! 🌿🧘 From digital detox to wisdom sharing, these techniques help enhance emotional well-being and self-awareness. Join us for individual or group sessions in Kolkata. 📍 ✨



MIND'S EYE

Know Mindfulness Practices in Your Daily Life

Call Us  MIND'S EYE

Everyone can practice Age group

0-12, 13-18, 19-22, 23-42, 43-60+, 61 YEARS ONWARD



Start from simple deep breathing, memory awareness, and body-scan mindfulness.

- Mindful Movement: Digital detox,
- Loving-Kindness Meditation
- Walking Meditation and Insight Meditation
- Intuitive Eating & Exercise
- Nature Connection & Outdoor Meditation
- Compassion-Based Practices
- Mindful Aging and Acceptance
- Wisdom Sharing
- Aspirational Mindfulness, etc.

Join us!
Individual or group according to your life stages



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