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EMPOWERMENT



### Pause, Breathe and Create

Friday at 2 PM Pacific

**February 26th 2021: Encore Practicing Presence  
Savoring Each Moment**

"Completely engage with each moment with all of your senses." ~ d Lee Are you present when you take each moment and all of the tasks you are trying to do within the space and time you have set aside? When you use your eyes to read, do you notice what you are reading and how it feels inside as you see images or read the stories you are focusing on. Do you hear the birds chirping in the morning or the smell and gurgle of the coffee brewing? Do you feel the smoothness of paper or desk as you access your computer screen with your mouse? Do you taste the lingering coffee in your mouth after

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