



Mindful Moments Cards



Created By [Three Pebble Press](#)

What we think affects how we feel and what we do. Through practice we can imagine new possibilities, learn to direct our thoughts in positive directions and have greater control over our lives.

This beautifully illustrated deck of 50 short contemplations invite thoughtful reflection and self-awareness, and support the social/emotional learning activities and principles in Yoga Calm for Children. Some cards help us remember positive events in our lives. Others help us imagine successful futures. All help develop mindfulness, focus and relaxation skills.

The cards come with a sheer silver drawstring bag for easy storage. The deck of cards is sold for \$18.

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