

**Mind, Body and Everything in Between: Implementing mindfulness in public performance**

Elzbieta Paszkowicz

Final Project Draft

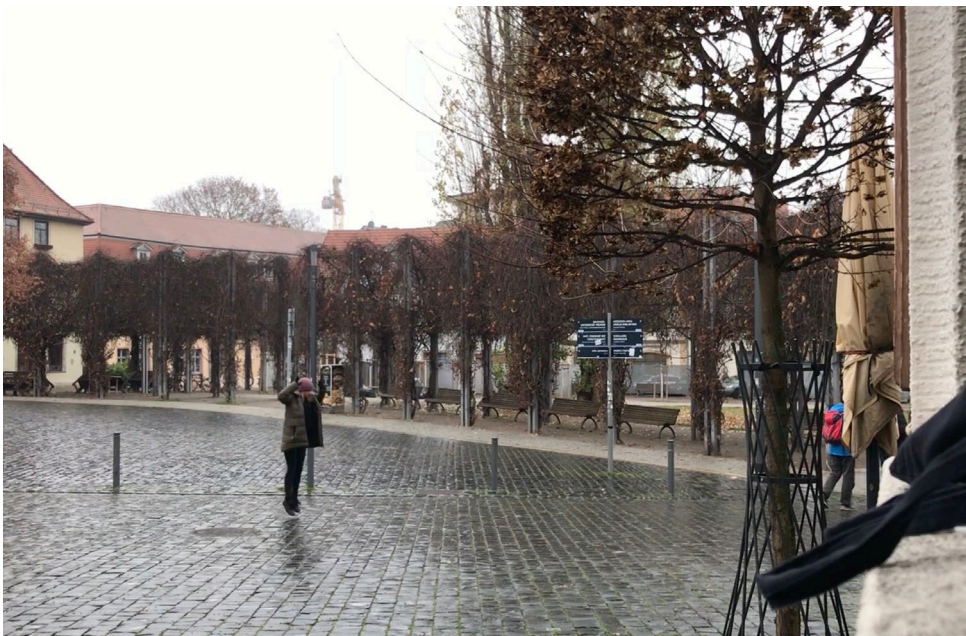
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# MIND IN SPACE

perceiving the space

going through a space  
with our mind

trains of thoughts

emergence of the thoughts  
& emotions  
(in a certain space)

meditation &  
mindfulness in  
public space

awareness  
of the surrounding space