

CELEBRATE VESAK DAY WITH A HEALTHY MIND, BODY, AND SPIRIT!



Get plenty of rest



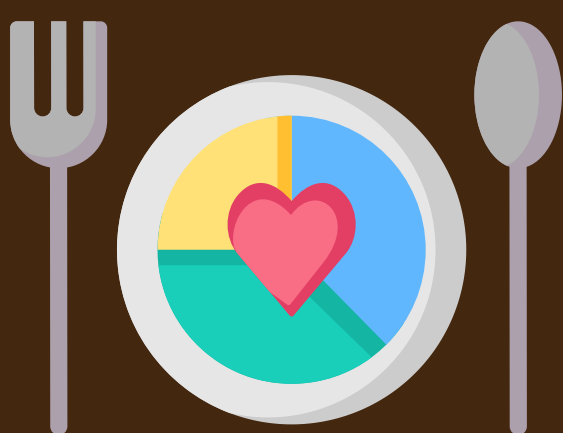
Ensure you have at least 8 hours of sleep daily. You will want to be well-rested so you can feel your best, stay focused, and truly enjoy!



Beautify your home

Create a task list to identify the areas in your home that will need extra cleaning. Prepare your ornaments like lanterns and lotus flowers early.

Mindful eating



While it is easy to over-indulge, practicing mindful eating can help you enjoy every bite without the post-meal regret!



Embrace meditation

A few minutes of meditation can help reset your mind, reduce stress, and bring you back to the joy of the present! Your mind deserves a little rest too!