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## Moments of Mindfulness: Indian Wisdom

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By Danielle Follmi, Olivier Follmi

Thames & Hudson Ltd. Hardback. Book Condition: new. BRAND NEW, Moments of Mindfulness: Indian Wisdom, Danielle Follmi, Olivier Follmi, Each book in the 'Moments of Mindfulness' series pairs the wise words of a great writer, master, philosopher or poet with Olivier Follmi's beautiful and moving photographs. Follmi travelled far and wide to witness the celebrations, landscapes, rituals and traditions of cultures all over the world, discovering new ways of seeing as he sought to understand and capture through photography the connections linking the people to their ancestral lands. The effect is transcendental and transformative, awakening our senses and preparing our souls to receive these simple yet profound teachings.



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