

Catalign Quarterly Sep 2017

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<http://www.catalign.in/p/catalign-quarterly.html>



[Mindfulness on the go: Podcast series:](#)

In the past few months, my wife Gauri and I began experimenting with podcasts on the topic: Mindfulness on the go. In the month of September we have released four mini-podcasts – around 10 minutes each on the following topics: (1) What is mindfulness? (2) Why “on the go” and why “mindfulness”? (3) Dangal and ambition-suffering relationship and (4) Is there a problem right now? You can listen to the podcasts [here](#).