

PRACTISOUR

Meaning: Practisour: a person or program that actively engages in practices aimed at improving health, well-being, or mindfulness.

1. The new fitness program was designed to be a practisour for improving overall health and well-being.
2. As a practisour of mindfulness, she dedicated an hour each day to meditation and reflection.
3. He approached his studies as a practisour, diligently honing his skills and knowledge.
4. The chef viewed cooking as a practisour, constantly experimenting with new techniques and flavors.
5. In her role as a practisour of sustainable living, she made conscious choices to reduce waste and conserve resources.

Source: sentences.whatistheurl.com

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