

centred coffee and wellness

Centred Coffee and Wellness: Finding Your Balance in the Daily Grind

Are you constantly juggling work, family, and social life, feeling perpetually drained and disconnected? Do you crave a moment of calm amidst the chaos, but the idea of a full-blown spa day feels unattainable? What if I told you that finding a sense of centredness and wellness could be as simple as enjoying your morning coffee... mindfully? This post explores the intersection of coffee and wellness, offering practical strategies to transform your daily cup into a ritual of self-care, promoting both physical and mental well-being. We'll delve into the science behind mindful coffee consumption, explore techniques for creating a calming coffee routine, and discuss how to integrate this practice into a broader wellness strategy. Let's brew up a better you!

Understanding the Centred Coffee Experience: More Than Just a Caffeine Fix

The concept of "centred coffee and wellness" isn't about denying yourself the pleasure of a delicious cup of joe. Instead, it's about re-framing your relationship with your coffee ritual. It's about transforming a quick, often mindless habit into a mindful practice that fosters presence and inner peace. Think of it as a micro-meditation, a small act of self-care woven into the fabric of your day.

Many of us rush through our morning coffee, gulping it down while checking emails or scrolling through social media. This approach doesn't allow us to truly savor the experience, appreciate the aroma, or even fully register the taste. By consciously slowing down and paying attention to each aspect of our coffee consumption, we can cultivate a greater sense of presence and reduce stress.

The Science Behind Mindful Coffee Consumption and Wellness

Emerging research highlights the powerful link between mindfulness and well-being. Mindfulness practices, including mindful eating and drinking, have been shown to reduce stress hormones like cortisol, improve mood, and increase self-awareness. When applied to coffee consumption, this means savoring each sip, appreciating the rich aroma, and noticing the subtle nuances of taste without judgment. This simple act can trigger the release of endorphins, creating a sense of calm and contentment.

Furthermore, choosing high-quality, ethically sourced coffee can add another layer to the wellness aspect. Knowing where your coffee comes from and how it was produced can bring a sense of satisfaction and contribute to a more sustainable lifestyle, adding to your overall sense of well-being.

Creating Your Centred Coffee Ritual: A Step-by-Step Guide

Transforming your coffee routine into a mindful practice requires intentionality and consistency. Here's a step-by-step guide to help you create your own centred coffee ritual:

1. **Choose Your Coffee Consciously:** Select a coffee you truly enjoy, prioritizing quality and ethical sourcing. Explore different roasts and origins to find your perfect brew.
2. **Prepare Your Space:** Create a dedicated coffee corner, free from distractions. This could be a quiet nook in your kitchen, a sun-drenched windowsill, or even your balcony.
3. **Engage Your Senses:** Take a moment to appreciate the aroma of the freshly ground coffee beans. Notice the color and texture of the grounds. Listen to the gentle gurgle of the water as it brews.
4. **Savor Each Sip:** Take slow, deliberate sips, paying attention to the temperature, the taste, and the sensation of the coffee as it travels down your throat. Avoid multitasking while drinking your coffee.
5. **Reflect and Appreciate:** Take a few moments to reflect on your thoughts and feelings. Appreciate the simple pleasure of this moment of calm amidst the busyness of your day.

Integrating Centred Coffee into Your Broader Wellness Strategy

Centred coffee shouldn't exist in isolation. It's most effective when integrated into a broader wellness strategy that includes other healthy habits. Consider combining your mindful coffee ritual with other self-care practices like:

Morning Meditation or Yoga: Start your day with a few minutes of meditation or gentle stretching to enhance your sense of calm and focus.

Journaling: Use your coffee time as an opportunity to reflect on your goals, intentions, or gratitude.

Spending Time in Nature: After your coffee, take a walk outdoors to connect with nature and further reduce stress.

Healthy Eating Habits: Pair your mindful coffee with a nutritious breakfast to fuel your body and mind.

By weaving your centred coffee ritual into your daily routine, you create a consistent practice that supports your overall wellness journey.

Beyond the Brew: Expanding Your Centred Wellness Practices

The principles of centred coffee – mindfulness, intentionality, and self-care – can extend far beyond your morning cup. Apply these principles to other aspects of your life, such as meals, exercise, or even your commute. The key is to create moments of presence and appreciation throughout your day, transforming ordinary activities into opportunities for self-care and well-being. Cultivating this mindful approach to life fosters a greater sense of balance and inner peace, leading to a more fulfilling and joyful existence.

Conclusion

Centred coffee and wellness aren't just buzzwords; they're a powerful pathway to a more balanced and fulfilling life. By transforming your daily coffee ritual into a mindful practice, you can cultivate a greater sense of presence, reduce stress, and improve your overall well-being. Start small, be consistent, and enjoy the journey of discovering the transformative power of mindful coffee consumption.

FAQs

1. Can I still enjoy flavoured coffee within a centred coffee practice? Absolutely! The key is to still savour the experience mindfully, appreciating the nuances of the flavour.
1. What if I don't like coffee? Can I still apply these principles? Yes! These principles of mindfulness and intentionality can be applied to any beverage or activity you enjoy. Consider a mindful tea ceremony or a slow, deliberate breakfast.
1. How long does it take to see benefits from a centred coffee practice? Everyone is different, but many people report feeling more relaxed and centered within a few weeks of consistent practice.
1. Is centred coffee a replacement for professional help for mental health concerns? No. Centred coffee is a complementary practice, but it should not replace professional help if you are struggling with mental health challenges.
1. Can I do this centred coffee practice even if I'm short on time? Even just a few minutes dedicated to mindful sipping can make a difference. Prioritize even a shortened version over skipping it entirely.

centred coffee and wellness: Budapest Adrian Phillips, Jo Scotchmer, Monika Phillips, 2012 Budapest has it all: spectacular architecture, award-winning cultural festivals, Michelin-starred restaurants, historic thermal baths and business-friendly hotels. The authors are winners of the British Guild of Travel Writers Best Guidebook Award and share their enthusiasm for the city in an engaging and witty style. Thoroughly updated, the third edition of Budapest is packed with up-to-the-minute information on hotels, cafés, bars and restaurants, as well as new walks. It provides travellers with all they need on where to stay, eat and drink, and what to see and do.

centred coffee and wellness: *Roadmap for Global Sustainability — Rise of the Green*

Communities Salah El-Haggar, Aliaa Samaha, 2019-05-08 Progressive increases in consumer demands along with aggressive industrial consumption led the world to proximate resource depletion, weather changes, soil and air degradation and water quality deterioration. We now know that the paradigm of production at the expense of human condition is not sustainable. This book briefly explains how we reached this situation and offers suggestions as to what can be done to overcome it. It invites the best entrepreneurial talent and scientific and technological know-how to develop a sustainable economy around sustainable communities, services, and sectors. A major obstacle previously identified by involved parties was the ability of accommodating for the emerging economic growth without causing harm to the environment, especially with resource depletion. This book provides the solution by creating a need to bring on a new revolution that preserves the rights of next generations to live in a healthy environment This Sustainability Revolution requires the integration of economic, environmental, and social factor as well as the practical aspects of implementing sustainability through green activities, which are discussed throughout the book. In this book, a globalization is proposed that encourages creativity and innovation towards sustainability. With this global sustainability approach (real globalization) both rich and poor will benefit from the global sustainability approach. This will close the gap between rich and poor. Developing countries could reap the benefit of current technology without undergoing many of the growing pains associated with development of these technologies. Governments are able to better work together towards common goals now that there is an advantage in cooperation, an improved ability to interact and coordinate, and a global awareness of issues. The book presents a sustainability roadmap to bring together various concepts, that have been dealt with independently by previous authors, and link them to establish the fundamental practical steps. The flow path and the direction for successful implementation of a sustainability roadmap are also discussed in detail in the book. For the first time, the authors use sustainable communities to create a better quality of life for residents while minimizing the use of the resources to meet current needs and ensure adequate resources for future generations. These green communities create new industries for the local economy and improve public health, which offers more hope for their citizens. Sustainable transportation, renewable energy, recycling, clean water, and urban forests help to make a more livable community and help to control the global climate change. They involve all citizens and incorporate local values into decision-making.

centred coffee and wellness: Franchise Opportunities Handbook , 1994 This is a directory of companies that grant franchises with detailed information for each listed franchise.

centred coffee and wellness: The Complete Book of Colleges, 2017 Edition Princeton Review (Firm), 2016-07 The MEGA-GUIDE to 1,355 COLLEGES AND UNIVERSITIES! No one knows colleges better than The Princeton Review! Inside *The Complete Book of Colleges*, 2017 Edition, you'll find meticulously researched information that will help you narrow the search for the best college for you! Each of the 1,355 user-friendly profiles answers your questions, including: * How much are tuition and other student fees and costs? * What types of financial aid are available, and when are the applications due? * What do admissions officers most look for in test scores and recommendations? * Which majors are the most popular and have the highest enrollment? * What is the housing like, and how accessible is technology on campus? * What are the key campus organizations, athletics, and student activities? * How selective is the school? * Plus! Indexes based on cost, selectivity, and size that will help you narrow your search. Get a leg up on your college search with this easy-to-use, comprehensive, and savvy guidebook from the experts at The Princeton Review.

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admissions and academic programs.

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centred coffee and wellness: Wellness Escapes Lonely Planet, 2018-11-01 Discover the world's most energising, inspiring and relaxing wellbeing retreats. From yoga, t'ai chi and meditation to mindfulness, spa treatments and creative writing, we present our favourite retreats and spas around the world to help replenish the mind, body and soul. *Wellness Escapes* includes nearly 200 destinations and is organised into five themes: Calm, Active, Healthy, Inspired and Indulged – making it easy to find the perfect getaway whether you're in the mood for a seaweed bath in Ireland or surfing in Morocco, meditation in Bali or a Finnish sauna. We tell you what makes each retreat so special, what you can do, what's on its doorstep, and provide booking details to help you find out more or book a visit. Throughout, our wellness authors reveal the health benefits of each activity, while you'll also find out about the world's top ten wellness festivals, yoga and meditation techniques, and healthy smoothie recipes to try at home. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

centred coffee and wellness: Hungary Adrian Phillips, Jo Scotchmer, 2010 With numerous air and rail links, keen foreign interest in the local property market, a solid spot in the world's top-10 conference destinations for business, and significant recent investment in hotels, spas and other facilities, Hungary's tourist industry is booming. The first edition of Bradt's Hungary was voted Best

Guide Book of the Year by the British Guild of Travel Writers; this thoroughly updated second edition further strengthens the guide, offering expanded coverage of the resort-destination of Lake Balaton (which now has its own airport), new walking trails in the countryside, details of the best thermal baths, information on dental and medical tourism, and much more.

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centred coffee and wellness: *DK Top 10 Prague* DK Travel, 2023-09-26 An enchanting medieval city ebbing with history and culture, Prague's tiny cobblestone lanes will lead you through a maze of spectacular Gothic architecture, traditional local pubs, grand royal residences and picturesque pastel buildings. Your DK Eyewitness Top Ten travel guide ensures you'll find your way around the City of a Hundred Spires with absolute ease. Our annually updated Top Ten travel guide breaks down the best of Prague into helpful lists of ten - from our own selected highlights to the best museums and galleries, places to eat, pubs, shops and festivals. You'll discover: - Eight easy-to-follow itineraries, perfect for a day-trip, a weekend, or a week - Detailed Top 10 lists of Prague's must-sees, including detailed breakdowns of Prague Castle, St Vitus Cathedral, Old Town Square, Charles Bridge, The Loreto, the Old Jewish Cemetery, the Trade Fair Palace, the convent of St Agnes, Wenceslas Square and Petrin Hill - Prague's most interesting areas, with the best places for shopping, going out, and sightseeing - Inspiration for different things to enjoy during your trip - including children's activities, things to do for free and unmissable experiences off the beaten path - Streetsmart advice: get ready, get around, and stay safe DK Eyewitness Top 10s have been helping travellers to make the most of their breaks since 2002. Staying for longer and looking for a more comprehensive guide? Try our DK Eyewitness Prague.

centred coffee and wellness: *Mammography Centers Directory* Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

centred coffee and wellness: *Morocco Footprint Handbook* Julius Honnor, 2012 Footprint's Morocco Handbook has been thoroughly revised and updated ensuring travelers get the best out of their trip. Whether its trekking high into the Atlas mountains, shopping in the souks, or soaking up some sun this new edition has detailed coverage of it all, plus thorough accommodation listings, where to eat and drink and all the best sights. The heart of the guide is divided by region, giving comprehensive information on Marrakech & Essaouira, High Atlas, Fes, Meknes & Middle Atlas, the Desert & Gorges, Agadir & the South, Rabat, Casablanca & the Atlantic coast, Tangier & the North and East Morocco. Each region has an overview map which includes 'Don't miss' destinations, local information on how to get around, detailed street maps where relevant, and an Essentials section with information on banks, embassies, emergency services and local festivals. Detailed listings on where to sleep, eat and play are provided for every destination within each region, enabling you to have an even better travel experience. • Essentials section with tips on getting there and around • Recommended itineraries to help with trip-planning • Accommodation listings for every budget from riads and guesthouses to hotels and mountain huts • Detailed street maps for important towns and cities • Full-colour mini atlas section for orientation • Where to buy the best babouches, carpets, ceramics, leatherwork and all manner of things in this shopper's paradise • Best activities, including desert safaris, trekking, climbing and surfing Packed with information on all the main attractions as well as detailed information on the dozens of activities and adventures that will help you get off the beaten track, Footprint's Morocco Handbook is the perfect companion for any intrepid traveller.

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as a lively cast of characters that include a brilliant but troubled young writer, a voluptuous healer, and a shadowy cult and its sinister leader take on an ancient legend of the occult. From the mysterious and the horrific to the comedic and the erotic, *Unspeakable Secrets of the Aro Valley* is a dark and hilarious odyssey through Wellington's underbelly that weaves through trail of riddles, a struggle for ultimate power, and a final, unspeakable secret.

centred coffee and wellness: Routledge Handbook of Asian Cities Richard Hu, 2023-05-31 This handbook provides the most comprehensive examination of Asian cities—developed and developing, large and small—and their urban development. Investigating the urban challenges and opportunities of cities from every nation in Asia, the handbook engages not only the global cities like Shanghai, Tokyo, Singapore, Seoul, and Mumbai but also less studied cities like Dili, Malé, Bandar Seri Begawan, Kabul, and Pyongyang. The handbook discusses Asian cities in alignment to the United Nations' New Urban Agenda and Sustainable Development Goals in order to contribute to global policy debates. In doing so, it critically reflects on the development trajectories of Asian cities and imagines an urban future, in Asia and the world, in the post-sustainable, post-global, and post-pandemic era. Presenting 43 chapters of original, insightful research, this book will be of interest to scholars, practitioners, students, and general readers in the fields of urban development, urban policy and planning, urban studies, and Asian studies.

centred coffee and wellness: The Report: Oman 2017 , Oman's economy contracted by 13.8% in nominal terms in 2015 as the ongoing low oil price environment squeezed growth and led to the largest budget deficit in over a decade. In a bid to tackle the shortfall the government is taking a number of revenue-raising measures such as cutting subsidies and increasing corporation tax, while remaining focused on its long-term diversification goals. Though hydrocarbons still account for 33.9% of GDP and 78.7% of state revenues, non-oil sectors are playing an increasingly prominent role in the country's economic profile. Authorities are targeting heavy industries in particular with plans to boost their GDP contribution to from 19.8% today to 29% by 2020. Meanwhile annual growth of 6% is being targeted in the mining sector, with a host of regulatory initiatives being implemented as the government seeks to boost investor interest. Start reading

centred coffee and wellness: Shopping Center Directory , 2004 This multi-volume set, which is divided by region, contains sections on new and planned centers. An index of centers with available space is designed to help one locate a business site.

centred coffee and wellness: Good Mornings Linnea Dunne, 2024-01-09 Early-morning rituals for contentment, clarity and purpose. In this inspirational guide, Linnea Dunne, bestselling author of *Lagom: The Swedish Art of Balanced Living*, shows how building a life-affirming ritual into your morning routine is an act of self-care that can benefit both your physical and mental health, enhance your productivity and positively influence your day. Whether it's a dedicated yoga practice at sunrise, mindfulness meditation just after waking, journaling while you sip your morning coffee, or listening to birdsong in the back garden before you tackle your daily commute, a morning ritual can enhance your health and wellbeing, and bring increased contentment, clarity and purpose to your day. With countless ideas for nourishing morning practices and invaluable advice on how to create a morning ritual that is unique to you and takes your individual needs, circumstances and time constraints into account, this book will help you to make the most of the peace and promise of the first moments of every day.

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challenges. Hospitals are opening subsidiaries in Dubai, the Philippines and Costa Rica to see overseas patients on the spot. Integrating academic perspectives from medicine, tourism, health economics, development studies and public policy, the author concludes that the benefits both to the importing and the exporting nations are considerable, but that there are also some costs. He suggests that the new industry should be regulated and supported in order that it can do its best both for the local population and for the sick people who travel abroad for treatment. This fascinating and highly original book will be of great interest to academics and researchers in areas such as health economics, tourism, social policy, development studies, Asian studies and public policy. It will also prove invaluable to practitioners actively involved in planning and delivering medical attention in the global economic order.

centred coffee and wellness: The Report: Tunisia 2017 Oxford Business Group, Tunisia's GDP totalled TD84.3bn (€36.2bn) in 2015, expanding at a rate of 0.8%, down from growth of 2.3% the year before. The fall was due to a variety of external factors, including two terrorist incidents that negatively affected the tourism sector in particular and shook business confidence more generally. However, growth picked up somewhat in 2016, standing at 1%, 1.4% and 1.3% in the first, second and third quarters of the year, respectively, and is expected to maintain this upward trend in 2017, supported by greater export competitiveness. Moves to bolster the economy through reforms, such as the new investment law and plans to tackle wider structural issues, are likely to help to raise growth to higher levels than those witnessed in recent years, as should the improvement in security since the 2015 attacks, though the extent of this will depend in part on whether or not the economy of the country's main export destination and tourism source market - the eurozone - can emerge from its own recent slowdown.

centred coffee and wellness: *Sanathana Sarathi English Volume 06 (2011 - Sri Sathya Sai Aradhana Special Edition)* Sri Sathya Sai Media Centre, 2022-11-11 Started in 1958, Sanathana Sarathi is a monthly magazine devoted to Sathya (Truth), Dharma (Righteousness), Shanti (Peace) and Prema (Love) - the four cardinal principles of Bhagawan Baba's philosophy. It is published from Prasanthi Nilayam (the Abode of Highest Peace) and acts as a mouthpiece of Baba's Ashram as it speaks of the important events that take place in His sacred Abode, besides carrying Divine Messages conveyed through Divine Discourses of Bhagawan Sri Sathya Sai Baba. The word meaning of Sanathana Sarathi is the 'Eternal Charioteer'. It signifies the presence of the Lord in every being as the atma guiding their lives like a charioteer. It implies that he who places his life, the body being likened to a chariot, in an attitude of surrender in the hands of the Lord, will be taken care of by the Lord even as a charioteer would take the occupant of his chariot safely to its destination. The magazine is an instrument to disseminate spiritual knowledge for the moral, physical and mental uplift of humanity without any discrimination as the subject matter discussed therein is always of common interest and of universal appeal. The fifteen Vahinis - streams of sacredness - known as the Vahini Series comprising annotation and interpretation of the Upanishads and other scriptures, Itihasas like the Ramayana, the Bhagavatha and the Mahabharata, and authentic explanations on Dhyana, Dharma, Prema, etc., have been serially published in this magazine as and when they emanated from the Divine pen of Bhagawan Baba. This magazine is published in almost all Indian languages, English and Telugu from Prasanthi Nilayam and others from respective regions. Every year Sanathana Sarathi comes out with a special issue in November commemorating the Divine Birthday. The English and Telugu magazines are posted on the 10th and 23rd respectively, of every month, from Prasanthi Nilayam. This magazine has wide, ever increasing circulation in India as well as abroad, as the study of it brings the reader closer to the philosophy of the Avatar in simple understandable language **THUS SPAKE SAI...** Discoursing during the launch of Sanathana Sarathi... From this day, our Sanathana Sarathi will lead to victory the cohorts of truth - the Vedas, the Sastras and similar scriptures of all faiths, against the forces of the ego such as injustice, falsehood, immorality and cruelty. This is the reason why it has emerged. This Sarathi will fight in order to establish world prosperity. It is bound to sound the paean of triumph when universal Ananda is achieved.

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centred coffee and wellness: Swaziland Mike Unwin, 2012-11-08 Swaziland is Africa's second smallest country and its last remaining absolute monarchy. Dwarfed by neighbouring South Africa, this tiny, landlocked nation punches well above its weight in terms of both nature and culture. Author Mike Unwin explores the excellent wildlife reserves and wild hiking trails offering waterfalls, rock art and prolific flora and birdlife, and introduces travellers to the country's rich and varied landscapes. His personal insights, together with colourful anecdotes provide entertaining insights, give an insider's perspective. He divides Swaziland into four distinct regions, with detailed maps and itineraries for timescales from one weekend to one month. It includes a practical guide to neighbouring attractions easily accessed from Swaziland, including Maputo (Mozambique) and the Kruger Park (South Africa), both less than one hour's drive away. The natural history section offers far greater detail and more accurate information than found elsewhere, drawing on the author's extensive insider knowledge and experience.

centred coffee and wellness: The Unofficial Guide to Dubai Collette Lyons, 2010-12-08 The Unofficial Guides is the series that has sold more than four million copies. Sophisticated, cutting edge research provides readers with extremely valuable information available in no other travel series, saving visitors time and money. It is the only series that offers evaluations based on reader surveys and critiques, compiled by a team of unbiased inspectors. From how to prepare for the trip and to how to get there to when to go and importantly how to get around efficiently, this guide provides an indispensable tool on the ground. The easy to use design, detailed maps and invaluable touring plans will make sure you enjoy every minute in Dubai. Hotels are ranked and rated, and with attractions and restaurants appear in all price categories. There's also extensive information on shopping, spas, nightlife and sports. Contents include: Valuable planning advice to ensure you have an easy trip All the facts and information you need for getting to Dubai. Where to Stay: Old Dubai vs. New Dubai on the beach - detailed information on the main hotels around Dubai Creek and at Jumeirah including the Burj Al Arab, Madinat Jumeirah hotels and The Palm Atlantis. Shopping covering: Gold souks; spice and textile souks; shopping malls and such as Dubai Mall, Mall of Arabia, Ibn Battuta Mall, Spas and pampering covering massages, wraps, and therapies. All you need to know about watersports and spectator sports from the Dubai World Cup horse race, Rugby Sevens, to skiing, scuba diving, sailing and golf. All you need to know about Dining and Nightlife.

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centred coffee and wellness: The Report: Panama 2014 Oxford Business Group, 2014-03-27 For the past decade Panama has registered impressive economic growth. According to the World Bank, GDP growth averaged 6.8% from 2000 to 2012, while government figures show double-digit growth for four of the past seven years. Economic development has been fuelled by heavy public sector spending on infrastructure, particularly the \$5.25bn expansion of the Panama Canal, which should ensure long-term growth. With GDP growth expected to decelerate but still average 7-9% from 2013 to 2015 and 6-8% through to 2020, Panama is set to remain a unique and exciting destination for investment in the short to medium term due to its solid macroeconomic record, importance to global trade and strong investment framework. Public sector spending has emerged as the primary driver of economic growth in the past few years as the country prepares for the post-Panamax era of the Panama Canal. The canal's impact, both domestically and internationally, will expand substantially upon the completion of a third set of locks scheduled for 2016. Putting exact figures on the domestic impact of the expanded waterway is a tall order, though further capitalising on the country's status as a major trade route will most certainly be crucial to future economic progress.

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hydrocarbons the main driver of the economy at almost 50% of GDP. Although the dip in oil prices has put pressure on government revenues, authorities are pressing ahead with spending plans for the sector, particularly in the downstream segment. The country's infrastructure expansion plans are also moving forward, particularly at the country's three ports as the country seeks to leverage its strategic position on the Strait of Hormuz and establish itself as a global transport and logistics hub. Feeding off this development drive are the sultanate's banks, with project finance regarded as one of the most promising areas for lending growth. In the longer term, Oman Vision 2020 seeks to boost private sector participation in the economy and fuel SME growth in key sectors, including construction, retail, tourism and transport.

centred coffee and wellness: *The Report: Turkey 2009* Oxford Business Group, 2009

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