

HOW TO MEDITATE

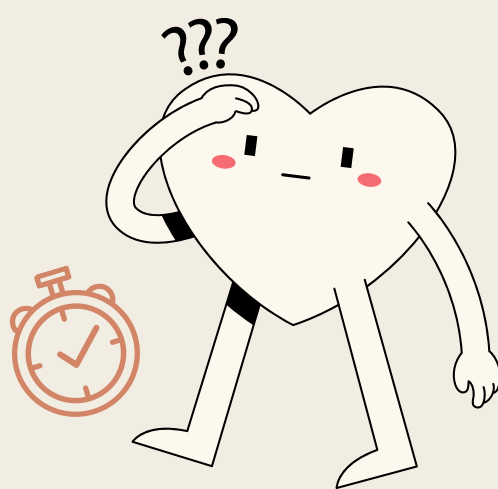


TAKE A SEAT

FIND PLACE TO SIT THAT FEELS CALM AND QUIET TO YOU.

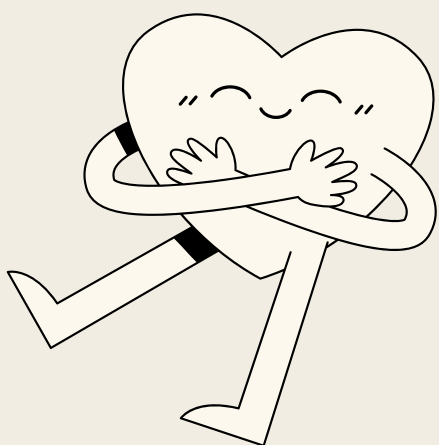
SET A TIME LIMIT

FIND PLACE TO SIT THAT FEELS CALM AND QUIET TO YOU.



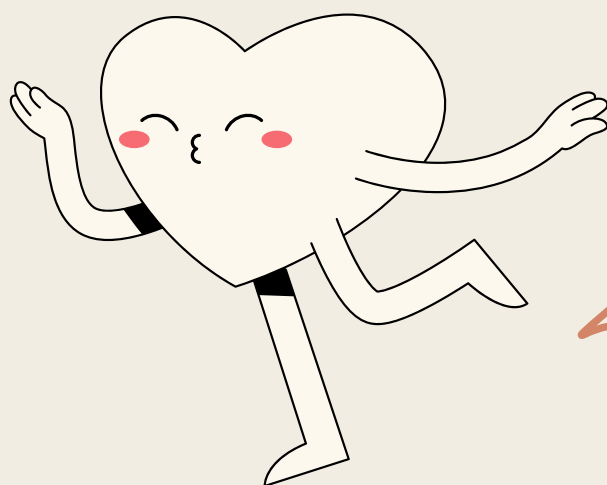
NOTICE YOUR BODY

YOU CAN SIT IN A CHAIR WITH YOUR FEET ON THE FLOOR, YOU CAN SIT LOOSELY CROSS-LEGGED, YOU CAN KNEEL, ALL ARE FINE



FEEL YOUR BREATH

FOLLOW THE SENSATION OF YOUR BREATH AS IT GOES IN AND AS IT GOES OUT.



CLOSE WITH KINDNESS

TAKE A MOMENT AND NOTICE ANY SOUNDS IN THE ENVIRONMENT. NOTICE HOW YOUR BODY FEELS RIGHT NOW. NOTICE YOUR THOUGHTS AND EMOTIONS.

