

# *how to* MEDITATE



A step by step guide.

**01**

*Find a quiet space where you won't be disturbed. Sit in a comfortable position, either cross-legged on the floor or in a chair with your feet on the ground.*

**02**

*Set a timer for a desired amount of time (even 5 minutes is a good start) and close your eyes or soften your gaze.*

**03**

*Begin to focus on your breath, observing the sensations of the inhale and exhale. You may find it helpful to count your breaths to help keep your focus.*

**04**

*Instead of getting lost in thoughts or emotions, try to simply observe them without judgment or attachment. When you notice that your mind has wandered, gently bring your attention back to the breath.*

**05**

*When the timer goes off, slowly open your eyes and take a few deep breaths. Take a moment to notice how you feel and carry that sense of calm and awareness with you as you go about your day.*