HOW TO START MEDITATING

Take a seat



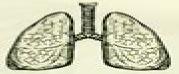
Find a position that is comfortable, calm and quiet

Set a time limit



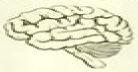
If you're a beginner, set the timer for 3-10 mins

Follow your breath



Focus on the sensation of breathing in and out

Notice your mind



When your mind starts to wander, bring your attention back to your breath

Practice everyday



Aim to practice for a few minutes each day

Make progress



Slowly add a few more minutes each week and notice the benefits

Mindfulness Meditation Step By Step

Russell Edna Hopkins ,Isaac Garrett Gray $\label{lem:mindfulness} \mbox{ Meditation Step By Step:}$

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