

MEDITATION

Cultivate serenity and balance in your life

Benefits of Meditation:

- Reduces stress
- Improves concentration
- Promotes inner peace
- Promotes better sleep
- Supports pain management
- Enhances mental clarity



Basic Steps:

- Find a quiet place
- Get comfortable
- Focus on your breath
- Anchor the mind
- Observe, don't judge thoughts
- Be patient, this is a practice not perfection

Duration:

- Beginners, start with 5-10 minutes per session
- Intermediate, gradually increase to 15-30 minutes
- Experienced people can meditate for 30-60 minutes or longer



Meditation Genres:

- Mindfulness
- Loving-Kindness
- Transcendental
- Body Scan
- Focused Attention
- Sound or Music
- Visualization
- Chakra

Meditation in Motion

Senses development- Mindful walking - Forest Bathing