

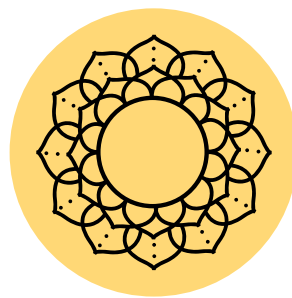


60s

HOW TO MEDITATE ON YOUR OWN



Set a timer to indicate the end of your meditation practise



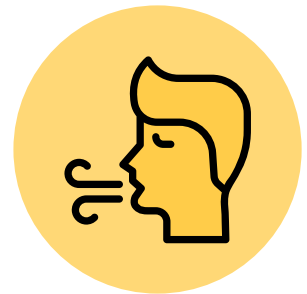
Find a quiet space



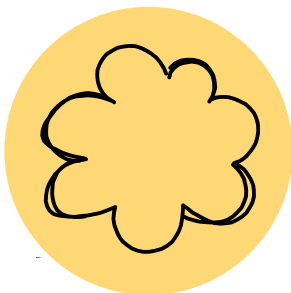
Get comfortable in a desirable position



Take a few deep breaths to get into a rhythm



Begin to practice deep breathing



Notice thoughts as they come and let them float away



When your mind wonders, bring focus back to your breath

60 Second Switch

www.60secondswitch.com • improve with many more free resources online!