

7 STEPS TO PRACTICE MEDITATION

01

Create Some Free Time & Space

02

Take at Least 15 Minutes
Of Distraction Free Time

03

Sit Down Comfortably

04

Concentrate on Your Breathing

05

Notice How it Feels to Breathe

06

It's OK if Your Mind Wanders, Gently Bring The
Focus Back on Breath

07

When the Time's Up, Gently Open
Your Eyes - How Do You Feel?



NEW NORMAL ACADEMY
POWER • PEACE • PURPOSE