

# 10 STEPS TO MINDFULNESS MEDITATION



1

## Create time & space

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



2

## Set a timer

Start with 5 minutes and ease your way up to 15 - 40 minutes.



3

## Find a comfortable sitting position

Sit cross-legged on the floor, on the grass, or in a chair with your feet flat on the floor.



4

## Check your posture

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes and gaze downward 5 - 10 feet in front of you.



5

## Take deep breaths

Deep breathing helps settle the body and establish your presence in the space.



6

## Direct attention to your breath

Focus on a part of the body where the breath feels prominent; nostrils, back of the throat; or diaphragm. Try not to switch focus.



7

## Maintain attention to your breath

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



8

## Repeat steps 6 - 7

For the duration of the meditation session. The mind will wander. Simply acknowledge this and return to your breath,



9

## Be kind to yourself

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with your eyes open and rearrange your posture to be a more upright (but still relaxed) position.



10

## Prepare for a soft landing

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.