



ON BEING MINDFUL

TAKE A SEAT

Find your Special
Sanctuary, Get Calm
& Peaceful.

Light Some Candles
& *Scry

MAKE THE TIME

Begin with 5 Minutes.

Each Week, Expand 5
Minutes More, Not to
Exceed 30

[as a beginner]

GET COMFORTABLE

Sit up Straight in
Padmasana or Lie Flat
in Sivasana.

Draw your Spine Up.
Straight & Elongated.

FEEL YOUR BREATH

Follow the Sensation
of your Breath as you
INHALE & EXHALE
[making the EXHALE Longer]

REPEAT

IF YOUR MIND WANDERS

Get Grounded
&
Let the Thoughts GO.

Bring Your Awareness
to Your Breath.

BE KIND TO YOUR MIND

Be Judgment Free.
Your Mind is Your
Mind.

Always Return to
Your Breath.

