

# Begginer's Guide to Meditation

## Environment

Find somewhere to meditate where you can be free of distractions.

## Comfort

Pick a comfortable location and position that you can maintain without getting sore.

## Time

Determine how long you will meditate and set a timer. 5 minutes is a good place to start.

## Eyes

Close your eyes while you meditate to focus on your meditation and further eliminate distractions around you.



## Body

Relax your body. Mentally move from your toes to your torso to your arms to your shoulders to your head, relaxing each muscle.

## Breath

As you meditate, focus on your breath. Do not try to control your breath. Just be aware of it as you breathe in and out.

## Mind

Through your focus on your breath, clear your mind. Be entirely present in this moment, thinking only of your breath as you breathe in and out.

