



# Mindfulness Meditation



- Find a comfortable, warm space where you won't be disturbed.
- Relax into your space, seated with a straight back or lying down, whichever suits you best at this moment.
- Gently close your eyes
- Be present & become aware of the room around you, of the noises & smells
- Be aware of how your body is feeling, don't judge or question it, just notice it
- Now focus on your breath, don't adjust the breath just notice the breath going in and out
- Now take a deeper breath and release it slowly, take another deep breath and release slowly
- Now allow your breath to settle into its own rhythm
- As thoughts come into your mind, acknowledge them without trying to adjust them or get rid of them, just bring your focus back to your breath
- Try this for 5 minutes initially, building up to 15 minutes a day



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