



Meditation Matters

Here is a 10-minute mindfulness practice that's flexible enough to do almost anywhere.

1. Find yourself a quiet position where you will not be disturbed
2. Make yourself comfortable
3. Bring your attention to your breathing – noticing the inward breath and the outward
4. Allow your body to relax and surrender
5. Notice any areas of tension in your body
6. Breathe gently into these areas and relax them
7. Listen to the sounds around you – try not to label them just listen and observe
8. Observe any thoughts that come up try not to hook or judge them. Just watch
9. Bring your awareness back to your breath
10. Become aware of your body and any sensations
11. Open your eyes and enjoy your surroundings

Adding a mantra can help you focus gently on your breath. I sometimes use something as simple as:

*'I breathe in a full breath,
I breathe out a full breath'*



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