

Beginner's Guide to meditation

Follow this guide to start your meditation practice. Start with 2-3 minutes and gradually add time.

Find a comfortable space and close your eyes or soften your gaze.

Start from the top of your head and notice any sensations that you feel. Try not to let your thoughts distract you.

Move down to your neck and shoulders. Notice any tension or tightness you may feel.

Work down to your elbows, wrists and hands. Notice the pressure and points of contact as your wrists rest on your knees or thighs. Notice if your hands are warm or cool.

Move your attention to your hips. Notice the pressure and points of contact from the floor or chair. Notice any tension or tightness.

Work down to your knees, ankles and feet. Notice the feel of the floor against your feet- is it smooth, rough, damp, etc. Notice if your feet are warm or cool.

Turn your observation to your breath—notice how you are breathing (fast, slow, shallow). Now start to slow your breath and find a natural rhythm.

