

GETTING STARTED WITH MEDITATION

Forming Helpful Habits



Do Not Disturb

Before You Start

Arrange ahead of time to be left to your own devices for a little bit so that you don't have to deal with any interruptions



Quiet Spot

Safe Too...

Please make sure that your chosen Meditation spot is safe as well as quiet!



Start Slow

Just 5 Minutes

For your first time, aim is to Meditate for only a few minutes. Well done! You have started your Meditation Journey



Loose Clothing

Get Comfy!

Your aim here is to minimise distractions from clothes that might pinch or be restrictive to your breathing

Stealth Mode

Phones & Devices

Before you settle down to Meditate... Switch your phone to silent or better still, turn it off



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