

# HOW TO START MEDITATING

**Take a seat**



Find a position that is comfortable, calm and quiet

**Set a time limit**



If you're a beginner, set the timer for 3-10 mins

**Follow your breath**



Focus on the sensation of breathing in and out

**Notice your mind**



When your mind starts to wander, bring your attention back to your breath

**Practice everyday**



Aim to practice for a few minutes each day

**Make progress**



Slowly add a few more minutes each week and notice the benefits

# Meditation For Beginners A Quick Start Guide On Learning How To Meditate

**EW Minium**



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