

how tomeditate

1

Sitting half-lotus is recommended but any comfortable position will do.

2

close your eyes

3

take 3 deep breaths

4

breathe in, thinking of the word “ in” as you breathe in. Then, think “out” as you breathe out.

5

continue brearthing while labeling your breathes “in”, “out”, “in”, “out”.

via Thich Nhat Hanh & the Vipassana Dhura Society.

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