

Life. Lead. Yoga.™

"With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration: I am on my side, I am on my side, each day I am more and more on my own side." – Susan Weiss Berry

Hints for a successful meditation practice:

- Send yourself a daily reminder/block time in your calendar.
- Be realistic! Start small (5 minutes) and work up from there.
- Use a timer.
- Establish a space to go to for your meditation.
- It's normal to have thoughts during mediation; observe and let go.
- Focus on your breath – bring your attention back to your breath.
- Be gentle with yourself – it takes time to establish a habit!

It's more important to be consistent than spend a lot of time just a couple times a week.

How to get started:

- Choose your seat (hips above knees), or you can stand, or lay down. It's important that whatever you choose, that you will be comfortable without fidgeting for the set amount of time.
- Tall spine (root down through sit bones with each exhale)
- Rest your hands.
- Relax your shoulders.
- Tuck your chin slightly.
- Relax your jaw and face.
- Gaze – keep it unfocused and low or simply close your eyes.
- Start to focus on the breath.
- Arrive at an intention – often this is a feeling or experience, not a goal. You could also have a mantra (a phrase, word, something you are working on – for example, "I am releasing X and I am manifesting Y" or the Lord's Prayer; etc).

Meditation Apps (from healthline.com):

"Whether you prefer deep breathing or guided imagery to help relax your mind, meditation can have significant benefits on your mental and physical health.

Research even suggests that it can improve the symptoms of anxiety, depression, and insomnia, as well as reduce blood pressure. But for some of us, it can be hard to find the time or energy to take a class. These apps make it easy and possible to do it anywhere.

In today's high-tech world, there are many apps that blend helpful technology with meditation techniques. We've rounded up the best apps for iPhone and Android for deep breathing, guided meditation, and finding your Zen."

- The Mindfulness App
- Headspace
- Calm
- MINDBODY
- Buddhify
- Insight Timer
- Smiling Mind
- Meditation Timer Pro
- Sattva
- Stop, Breathe & Think
- 10% Happier
- Breethe
- Simply Being
- Omvana