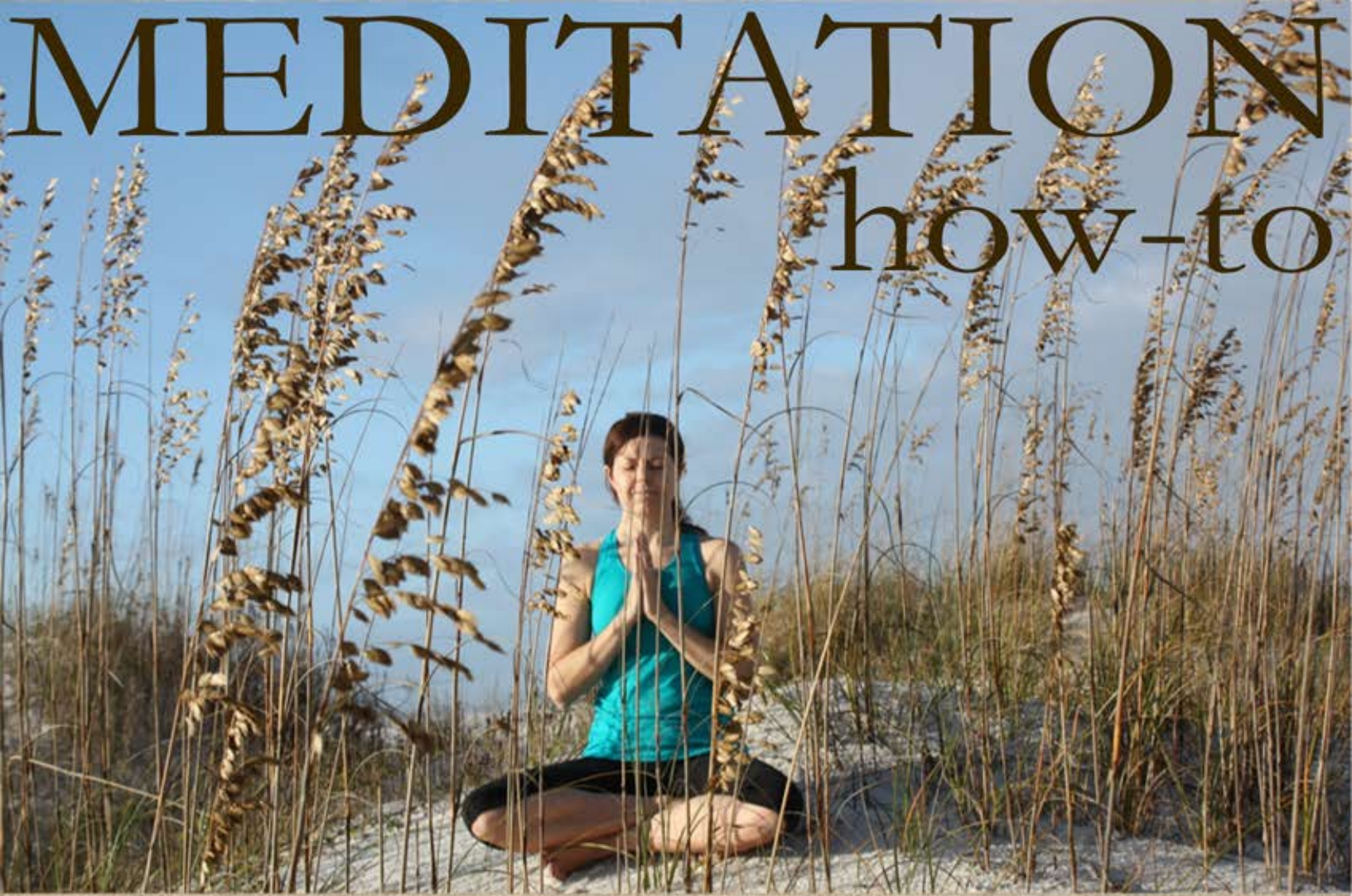


MEDITATION

how-to



Beginning a meditation practice can seem like a daunting undertaking, but that's where you are wrong. You've probably experienced meditation and didn't even realize it - walking along the beach, weeding a flower bed, or rocking on a porch. For meditation to work, you have to find a style and approach that works in your lifestyle. If you have space for a quiet meditation corner, please set it up, but for those that do not, a recliner will do.

Each person is different and finds his own inner peace differently. Here are eight steps to help start you on your meditative path, but please customize them to fit you.



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1. Find a relaxing spot in your home. It can be your recliner, porch, bed - whatever. Bring along any items you need to be comfortable like a sweatshirt or blanket.
2. Sit or lie down. We have energy channels that travel up and down our spine. When we slouch, we inhibit this flow. If sitting straight isn't an option, use pillows to prop or recline in a chair.
3. Set a timer if you are pressed for time. Aim for 3-5 minutes in the beginning and continue to add with each practice.
4. Close your eyes, and begin to feel your physical body pressing into the ground, chair or whatever your body is sitting/lying on.
5. Scan the body detecting any tension. Squeeze each area that feels tight then release. Begin at the toes moving upwards to your head.
6. Turn your attention to your breath. Let it be even. Silently count "1-2-3" on each inhalation and exhalation.
7. Relax. Thoughts, emotions and feelings will come up. Acknowledge them, but do not react.
8. Return to your breath.

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