

Meditation Tips

Setting the Stage:

1. Select A Location
2. Set the Ambience (candles, music, aromatherapy, etc...)
3. Select A Time and Duration
4. Dress Comfortably
5. Select the Proper Props to Sit or Lie Comfortably
6. No mind altering substances (alcohol, too much caffeine, drugs, etc..)

Meditation Prep:

1. Pranayama (yogic breathing exercises)
2. Yoga or gentle stretching
3. Find the right meditation posture and settle into it
4. Mentally and energetically relax the body from head to toe
5. Begin meditating

During Meditation:

1. Breathe normally
2. Allow yourself to experience the present moment
3. When the mind wanders, with compassion and no judgment, come back to the breath, mantra, or some other anchor
4. Notice pain and discomfort for what it is and adjust if needed
5. Let go and accept what happens during the meditation practice
6. End the meditation formally (bell, chime, soft alarm)

After Meditation:

1. Bring awareness back to your physical environment
2. Stretch and reset the body if needed
3. Journal about the experience



Traditional Meditation Postures



Full Lotus

Half Lotus

Burmese



On a stool

Seiza

On a Chair

Regardless of the sitting posture you use, it is important to remember to extend the spine up from the crown of the head while honoring the natural curves of the spine. Sit so as the pelvis tilts slightly forward. Depending on your sitting posture, the knees will be aligned with or lower than the hips. The shoulders are relaxed and down away from the ears and the chest is open. Your hand position can be palms up or down on the lap, or there are different mudras that can be used. Experiment with different postures, hand positions and props until you find the combination that works for you.

Whole Body Tapping

- ▶ Ancient Chinese acupressure technique
- ▶ Use your hands to tap the energy centers and meridians in the body
- ▶ Energizes the body
- ▶ Reduces stress and anxiety
- ▶ Improves circulation



PRANAYAMA (YOGIC BREATHING)

Ujjayi



Ocean/Darth Vader

- Inhale through the nose
- Exhale through nose or mouth while constricting back of throat as if fogging up glasses

Nadi Sodhana



Alternate Nostril

- Use Ring Finger & Thumb
- Close one nostril
- Exhale and inhale open side
- Switch sides

Sami Vritti



Equal Parts

- Inhale through Nose for 4-8 count
- Exhale gently out nose 4-8 count

Without breath, there is no life.

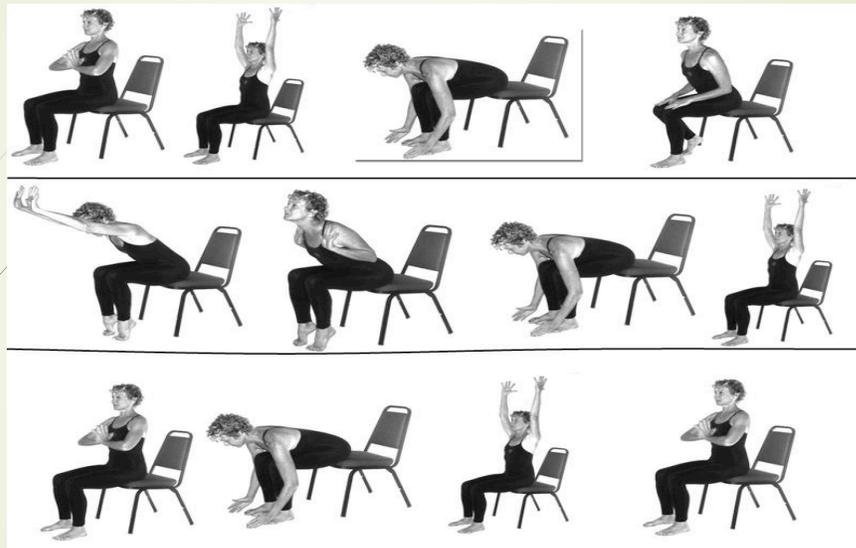
Sequence 1



Sequence 2



Sequence 3



Online Resources

- Chair Yoga
 - Youtube - Search chair yoga
 - Verywellfit.com
 - Piedmont.org
 - Yogaalliance.org
- Meditation
 - Rinpoche.com
 - Mindful.org
 - Lionsroar.com
 - Free mobile apps
 - Insight timer
 - Sattva meditation and mantras
 - Stop, Breathe, Think

