— SITTING MEDITATION TIPS —

Sitting Tips

Choose a place to sit quietly and comfortably on a cushion or chair.

> **Posture Pointers**
>
> **Legs:** Knees below hips, legs loosely crossed (if applicable)
>
> **Hands:** Placed comfortably on thighs
>
> **Bottom:** Stable and centered
>
> **Spine:** Upright but relaxed
>
> **Chin:** Tucked slightly
>
> **Eyes:** Gaze downward gently, about five feet in front of you, which may help keep you in the moment. Or keep your eyes closed, which may help you focus inwardly.

- Practice a slow, deep breath in—feeling the air enter your body, all those sensations in your nose, throat, chest and stomach.
- Slowly release your breath through your mouth—noticing how the air feels passing over your lips and leaving your body. If you get distracted, just come back to your breath—noticing it as it naturally occurs.
- Imagine your thoughts are bubbles. Touch them with a feather as they pass, but try not to pursue or grab them. They will pop!
- Practice slowing down the thought bubbles, watching them pass and naming what they are. Just the act of naming them can make your thoughts less overwhelming and get you in touch with what's really occupying your mind.

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If you get caught up in your thoughts:

- Say in your mind "thinking" without judgment and come back to your breath.
- Tap one of your fingers on your leg or knee, like a body bell.
- Say a mantra, like "Come home" or "Just breathe."

Body Scanning Tips

- Lie down on your mat in Shavasana, or corpse pose, on your back with your arms comfortably at your sides. Notice the sensations of your body and let go of any stories your mind tells.
- Bring your attention to your left foot, feeling each toe one at a time.
- Notice your left ankle, calf, knee, thigh, hip.
- Work your awareness up both sides of your body, ending at the top of your head.

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