



Vibrant
Soulful Wellness

Mindfulness Meditation



Turn your phone on silent and find a quiet space where you won't be distracted.



Take a comfortable upright seated position on a cushion or in a chair.



Close your eyes and notice your body. Soften any areas of tension.



Let your attention rest on the breath, aware of each inhale and exhale.



When thoughts or feelings pull you away, come back to the breath.



When you are finished, slowly open your eyes.