

How to Meditate: A Beginner's Guide

THE READER'S DIGEST VERSION

Find a quiet spot.

Relax.

Close your eyes.

Focus on your breath.

Keep your
back straight.

Breathe from
the belly.



Silently, label your breaths
“innnnn” and “ouuuut.”

How To Meditate How To Meditate

PT Brinkman



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