



MEDITATION ONE

The purpose of the exercise is to slow down your inhalations and exhalations. Wear comfortable clothes and turn off your computer or cellphone for a moment.

•
Find a comfortable place in your room and sit on the floor in a cross-legged position

•
Close your eyes and focus on your spine; see that it is upright

•
Focus on your breathing, keeping your eyes gazing downward on a specific spot and relaxing the eyes

•
Start creating pauses between each inhalation and pauses between each exhalation for three seconds each

•
Do ten counts of total breath.

Do this little practice for 21 days straight to see positive effects and transformations.



MEDITATION TWO

Wear comfortable clothes and turn off your computer or cellphone for a moment.

•
Lay down on your bed flat on your back, try to use only one pillow to support your head

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Bring as much internal awareness as possible, imagining that your whole body is a hollow container where just the breathe exists, breathing in and breathing out

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Make no effort for five minutes only focusing on your natural breathing and inside your body

•
This meditation exercise induces deep relaxation, allowing you to wake up free of tension to start your day



MEDITATION THREE

Wear comfortable clothes and turn off your computer or cellphone for a moment.

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Find a regular chair

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The back of the knees should fit in the edge of the chair

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Relax here for five minutes focusing on your breathing

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This exercise will release the tension of the lower back and make you feel great when you wake up in the morning



MEDITATION FOUR

Wear comfortable clothes and turn off your computer or cellphone for a moment.

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Find an empty wall and lay on your back with your legs up against the wall, keeping them together without tension

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Take a deep breath through your nose and emphasize your exhalations

•
Maintain the position between five to eight minutes

•
This helps to improve digestion and aids in the relief of stomach cramps for women