

GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

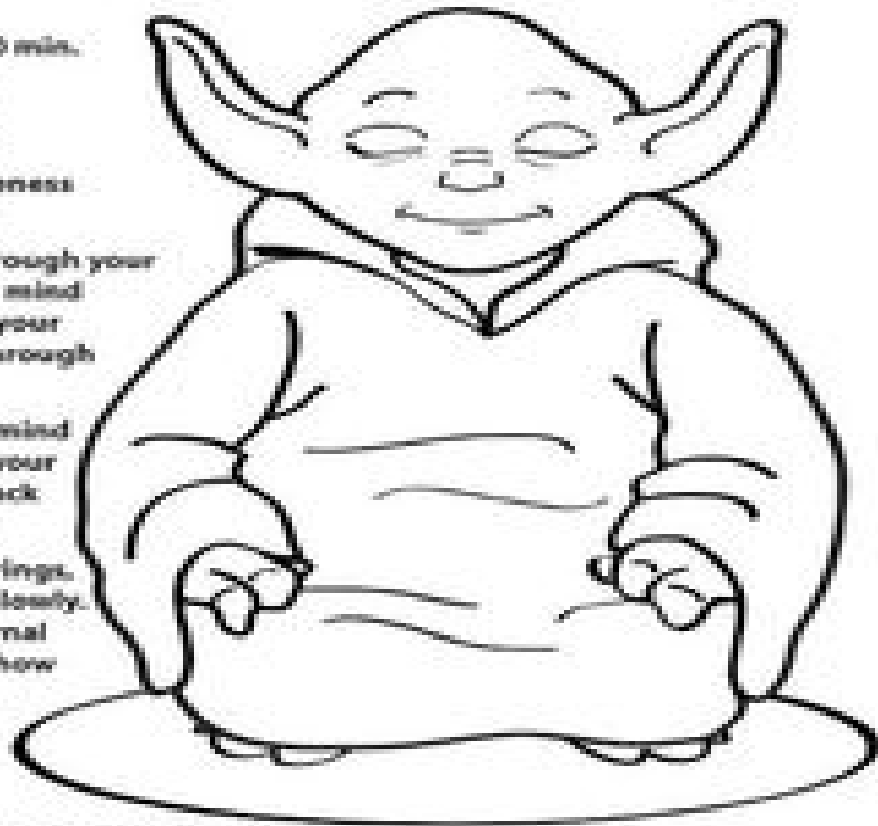
Close your eyes.

Bring your awareness
to your breath.

Slowly inhale through your
nose. Focus your mind
on the sound of your
breath. Exhale through
your nose.

Every time your mind
wanders, bring your
concentration back
to your breath.

When the timer rings,
open your eyes slowly.
Keep a daily journal
and write down how
meditation
makes you feel.



It might be challenging at first. But
don't give up! With steady practice,
you'll soon be able to meditate just
like Yoda!

COLOR YODA!