

# GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

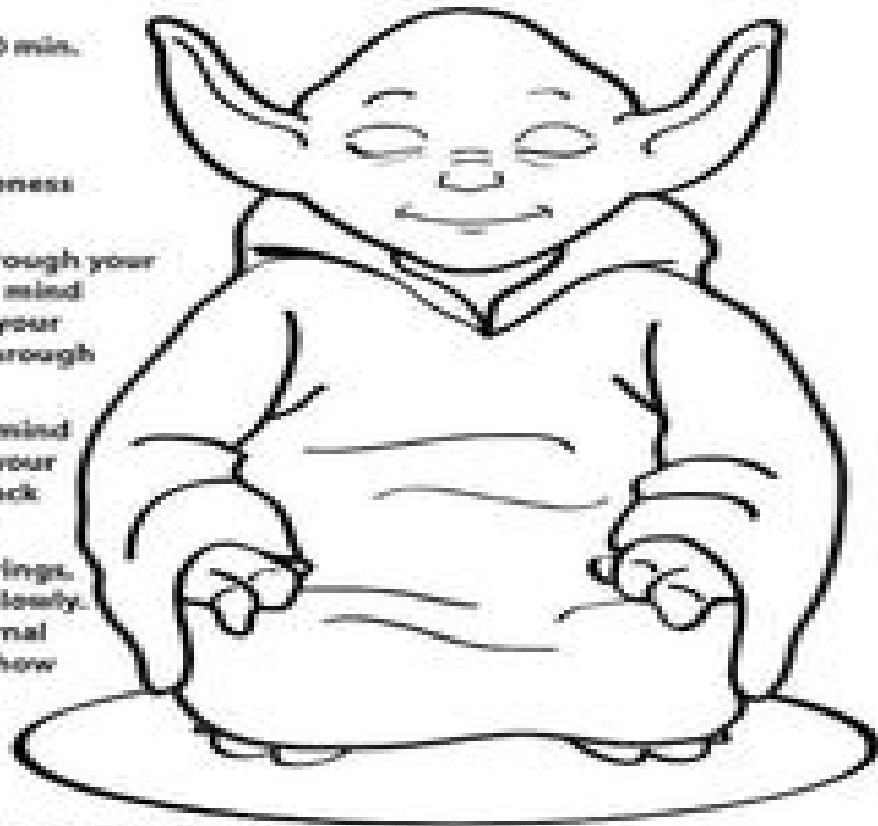
Close your eyes.

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!**