

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 For Beginners

Karin Nielsen-Saines



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