



Mindfull Meditation

Mental Training Practice

Get Comfortable

Lets start with a quiet and comfortable place. In a relaxed state, your neck, head, and back are straight as you are sitting on the floor or in a chair.



Focus on Breathing

Be aware of your breathing and the air entering and exiting your body. Feel your belly rise and fall as you exhale and inhale. Closing your eyes may help throughout this process.

Notice Your Thoughts

Do not suppress your thoughts, simply be conscious of your thoughts as your are breathing and relaxing. This will help tackle those feelings or tasks in a calm manner.

