

STEPS TO START BASIC MEDITATION



Setting the stage



Focus on your breath



Maintain your focus



Finish the practice gently

ADDITIONAL TIPS



**Maintain
the discipline**



**Be kind
to yourself**



**Explore different
meditation techniques**

How To Meditation Guide Guide

Joe Bailey



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Practical breathing and meditation guide Heinz Duthel, 2014-02-15 PRACTICAL BREATHING AND MEDITATION GUIDE
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