

## *How to Meditate in 7 Simple Steps*

1. Sit upright comfortably
2. Breathe deeply
3. Gently close your eyes
4. Slowly scan your body, and note any sensations
5. Be aware of any thoughts you are having
6. When your mind wanders, focus on your breath
7. Gently open your eyes (usually after 5-10 minutes for beginners)

**U N B R I D L E D**  
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