



Daily Mindfulness Practices

- 1) Begin cultivating mindfulness in the body. Check-in with yourself throughout the day, and notice what your body is telling you. Where in your body do you feel your emotions, your experiences.
 - 2) Befriend your breath. Your breath is related to your state of mind. Where do you notice the movement of your breath as you breathe in and out. You can ride the wave of your emotion with each breath.
 - 3) After awaking, stay in bed a few extra moments and notice your breath move throughout your body.
 - 4) Eat and drink mindfully. Each meal spend a few moments to appreciate the meal before you, notice the smell, look, texture, and taste of your first bite. Enjoy the company you are with, even if that is yourself.
 - 5) Before you fall asleep, notice your breath move throughout your body, notice how your body feels, where there is tension, relaxation, softness. Express gratitude for your attention to your body and breath.
 - 6) Have compassion when your mind wanders. Your mind is doing just what it was designed to do. There is no need to judge what bubbles up.
- Stillness in body, mind & soul is achieved through consistent practice.