

# It's a Lifestyle!

Meditation is a scientifically proven technique used to reduce stress and tension; it enhances concentration, physical health and overall wellbeing. Therefore, consider making meditation a part of your daily life and formally practice.

-Set specific times: 15mins or more, 3x per week up to daily to reap its full benefits.

-Meditate with a purpose and fully invested in your wellbeing.

-Learn more about it. Read a book or take our classes.

-Experiment with different types and techniques.

Take it up a knot!  
Surround yourself with positive, beautiful, and calming experiences.

## FAQ

1. What to do? I can't stop my thoughts...

Assign no judgment to the passing thought. Continue and bring your attention back to what you are doing. In mindful meditation, you want to become the silent observer.

2. Can I change it around?

Yes with basic meditation techniques you can play around with them. See what works best for you. However with more advance techniques for higher levels of consciousness and to reach spiritual advancement guidance from a trained professional/guru is necessary.

3. What services does C3meditation offer?

We offer relaxation and meditation courses; beginners and advance courses. Use the information below to contact us for more details.



# How to Meditate

## C3 Meditation

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# RELAX!

Materials Provided By:  
C3Meditation

# “During meditation, doing less is more!”

In the current day and age, people have busy schedule and stress naturally occurs. Our brains are continuously active and our bodies always on the go. We need to slow down; take a break; spend time with our inner selves. Meditation offers the body, mind, and spirit a time for relaxation and connection. Therefore during meditation, doing less is actually more. The key to meditation is your focus, single point concentration. Try the following quick and basic meditation techniques, even on the go. As always, be cool, calm, and collected. ;-)

-A message from the C3 Meditation Team

## Basic Meditation Techniques:

### Smell the Roses.

1. Breath through your nose.
2. Focus on the breath. Slowly breathe in and breathe out.
3. Close your right nostril with your finger and breathe. Then your left nostril.

### Say It.

Breathe slowly through your mouth out loud. Listen to the breathing sound. Repeat.

### Countdown.

1. Close your eyes. Breath slowly, at your own pace.
2. See a scoreboard flash at each flash count backwards from 10 to 1. Repeat.

### Hang Loose.

1. Close your eyes. Breathe slowly for a few breaths.
2. Next relax your muscles. Breath in.
3. While exhaling feel the energy move, first from your feet, to your legs, then to your thighs.
4. Your shoulders; shrug them.
5. Next your neck; roll them from side to side.

In with the good and out with the bad.

### Shine on Me.

1. Close your eyes.
2. Mentally say, “I am” then take a breath in.

As you breath slowly feel the peace surrounding you, like the sun hitting your skin. Feel the warmth of the rays and absorbed the tranquility. Breathe out. Repeat.

### Imagine.

1. Close your eyes.
  2. Imagine a picture of beautiful scenery.
  3. See yourself there.
  4. Focus on the details.
- How does it look, feel, smell, taste, ...

### Walk it Off.

1. Walk slowly.
  2. Concentrate on your step. Feel the movement of your feet; heel to toes.
- You have nowhere to go and nowhere to arrive.

### 123s.

After each breath count from 1 to 10. Repeat. Continue until breathing slows and body relaxes.