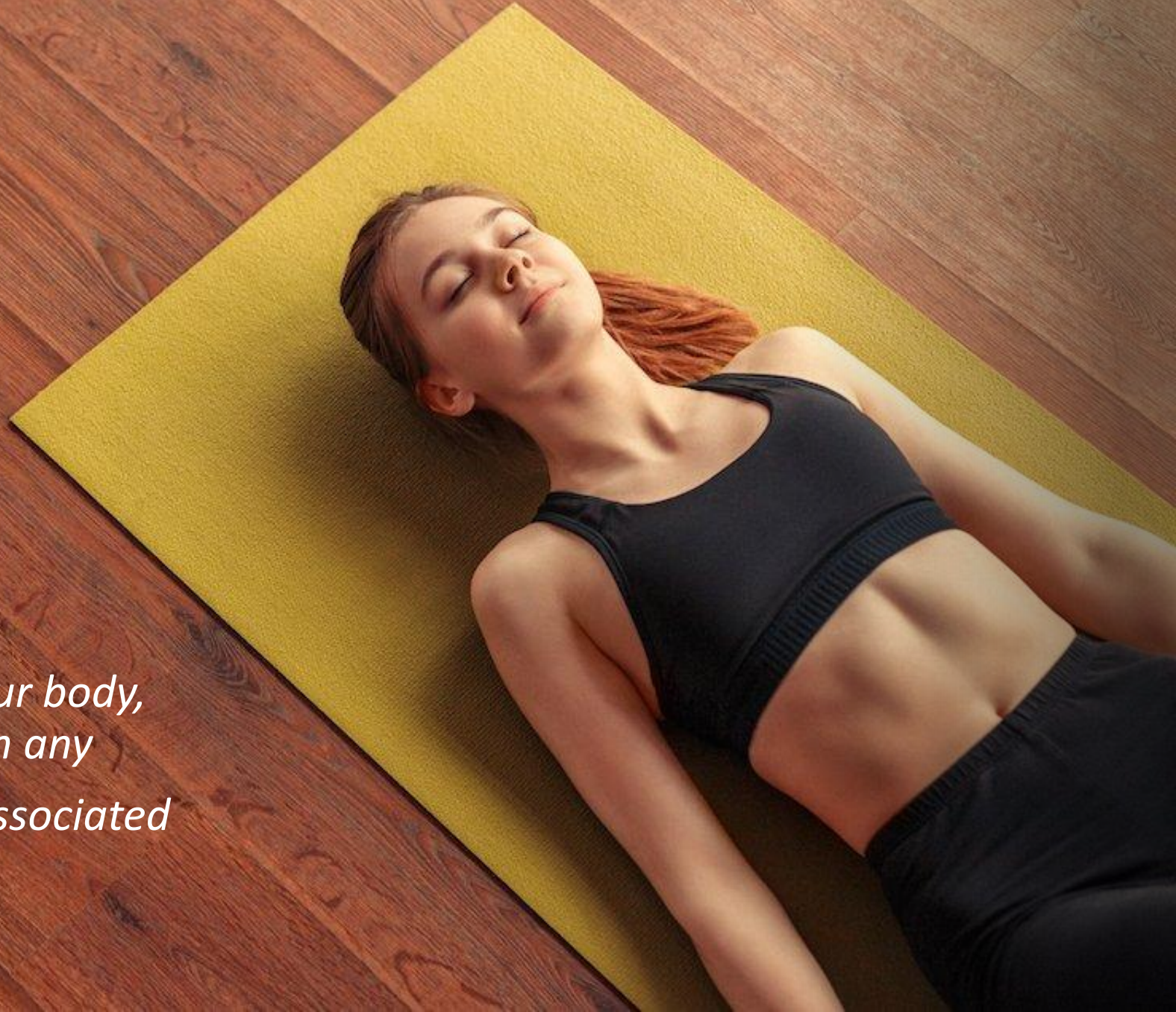


Body scan meditation

*Pay attention to each part of your body,
slowly and deliberately. Focus on any
bodily sensations and feelings associated
with each part of your body.*



Sitting meditation

- *Sit comfortably with your back straight. Focus on your breath moving in and out of*
- *your body. Be aware of any bodily sensations or thoughts interrupt your*
- *meditation.*



Walking meditation

- *Take a walk in a quiet place, calmly and slowly. Focus on the experience of*
- *walking. Be aware of the movements that keep your balance, and maintaining*
- *awareness of your bodily sensations.*

