

# *1 Minute Meditation*

## MINI GUIDE

Try this at least once a day or whenever you feel you could do with a break



- Sit or stand comfortably
- Bring your attention to your breath
- Breathe naturally and count each inhale
- Focus your attention to your nostrils and notice the inhale and exhale of air
- Continue to count each breath until you reach your one minute figure. Roughly 15 breaths.



Now, congratulate yourself that you just gave yourself one whole minute off - no planning, worrying, deciding, remembering!

**Just breathing and being present.**