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# Are you meditating yet?

## Meditation for a calm mind and body – rest in “simply being”

- Find a cozy place at home, sit comfortably and upright on a chair or on a cushion on the floor and close your eyes. Feel your breathing as it flows in and out through your nose or pay attention to your hands. Your thoughts come and go, they are like clouds in the sky passing by. As soon as you feel that you are holding on to a thought, let it go with your next exhalation.

- Find a sheltered spot in nature where you can sit undisturbed, put your hands on your thighs or in your lap, close your eyes and listen to nature.

### Tips:

1. Meditate for at least 5 minutes a day. You can increase your meditation time up to 30 minutes, the longer you observe the stillness, the calmer you will become. If you become more agitated, try to gently lengthen your exhalation.
2. Meditate in the morning, your thoughts and surroundings are calmer.
3. Set a timer with a pleasant ringtone for your preferred meditation time.