



## **Meditations for Relaxation & Stress Relief**

It is important to prepare your environment and know the right posture to get the most out of your meditation practice.

### **PREPARATION**

This is your time to re-charge. Avoid possible disturbance by switching off your phone.

Let others know that you don't want to be disturbed in the next half hour. Find a room where you are less likely to be disturbed. Keep the light soft or lit candle and use aromatherapy oils of your liking.

Make sure you wear comfortable clothing and make sure you are warm enough, prepare blanket/shawl, etc.

### **POSTURE**

Test for yourself if you are most comfortable sitting for a long period of time in a chair or a cushion on the floor.

The most important elements of your posture is that your knees are slightly lower than your hips to optimize deep diaphragmatic breathing, that your spine is upright, and that you are not in pain.

Place your hands on your thighs so that your elbows are directly under your shoulders, palms facing up or down.

If seated in a chair, place bare feet flat on the floor, hip distance apart.