

HEALTHY HINTS

Just for the **HEALTH** of it!™

WEEK THREE-Meditation

Benefits of MEDITATION

- Benefits of regular meditation are:
- Keeps your stress-free
- Reduces ageing
- Adds more hours to your day
- Increases your attention span
- Helps you appreciate life more
- Increases immunity and helps fight diseases
- Helps you feel more connected
- Improves metabolism and helps you lose weight
- Helps you have a good night sleep
- Improves functioning of your brain
- Makes you and those around you happier.

Log on to www.artofliving.org for more info

THE ART OF LIVING

Learn HOW!

1. Sit or lie comfortably. You may even want to invest in a meditation chair.
2. Close your eyes.
3. Make no effort to control the breath; simply breathe naturally.
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.

Maintain this meditation practice for two to three minutes to start, and then try it for longer periods.

Find an APP on your device! MANY are FREE for you to TRY! Ex. Calm.com

<https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>