

One-Minute Meditation for Stress Relief

Sit in a comfortable position with the spine tall but not tense. Feel your feet on the floor. Support the low back with a pillow if needed. Close your eyes. Bring yourself into the present moment. Become aware of your body and surroundings. Take a few deep sighs. Observe then regulate the breath with rhythmic, deep and slow breathing. Allow the mind to wander at first. Focus at the brow point (between the eyebrows), the navel or the heart center where the mind can rest. When the mind drifts, bring it back to the breath, which takes you back to the present moment.

Start with one minute a day for a week. Even if your mind isn't calm during the meditation, you will see the effects after daily practice. Increase this as time goes on to 3 minutes, then 5 minutes. You can do this at your desk in a chair, or in the mornings or evenings in a quiet place at home. Be regular in your 1 to 5 minute meditation practice for the best results. At home or during long lunch breaks, try building up to 10-30 minutes a day. Meditation brings a sense of clarity, creativity and deep inner peace.



Observe and allow the thought waves to settle.

*From Yoga for Everyone! book by Stacie Dooreck
www.sunlightyoga.com*