


28 DAY MEDITATION CHALLENGE

 info@sionjones.org

 www.yogawithsion.co.uk

Welcome to your 28-day meditation journey!

Please take a moment to read this letter carefully before beginning. This course is designed to help you establish a regular meditation practice, unlocking the many benefits it can bring to your life. Mindfulness meditation has been scientifically proven to reduce stress, ease anxiety, and even support healing from trauma. It can also help you navigate life's challenges, such as loss, chronic stress, and grief, with greater resilience and calm.

A Few Things to Keep in Mind

To make the most of this course, consistency is key. Commit to practising every day. Developing a habit takes time (about 28 days!) and effort, but once it's part of your routine, meditation can become as natural as brushing your teeth. Until then, you may need to gently remind yourself to stay committed, especially on days when distractions like Netflix or social media beckon.

The Benefits Await You

If you dedicate yourself to these 28 days of practice, you'll likely notice profound changes. Whether you're seeking a calmer mind, reduced stress, enhanced focus, or increased energy, these benefits are all within your reach. Trust the process and give yourself the gift of showing up each day.

Getting Started

Here's how to begin:

1. Watch the "Simple Breathing Technique" Video: This video introduces a scientifically backed breathing technique that will help you find peace and prepare you for the meditations ahead. It's important to familiarize yourself with this before moving forward.
2. Watch the "Introduction to Meditation" Video: This video will guide you through the basics and set the stage for your journey.
3. Begin Your 28-Day Journey: Once you've completed the videos, start your daily practice and embrace the experience.

Support Along the Way

If you have any questions or feel you'd benefit from additional support, I'm here to help. You can reach out to me anytime at info@sionjones.org to book a 1-1 session or for guidance.

With love,
Siôn