

# Meditation Made Simple

## Lesson 4 - Different Types

**Here is a quick list of different types of meditation that are out there:**

- Paced breathing
- Mindfulness
- Guided meditation
- Contemplative
- Breath of fire
- Box breathing
- Kasina
- Affirmations
- Mantra
- Visualization
- Ho'opoopono
- Movement
- Body scan
- Self-hypnosis
- Metta meditation - positive phrases
- Qu Gong / energy
- Sound bath
- Sensory deprivation
- Darkroom retreats
- Vision journey
- Vipassana

**Which meditation types have you tried in the past? What are your thoughts on those types? Which would you most want to try?**