



# Practical Meditation

For You and Your Workplace

## Day 1

### **Conscious Breathing Meditation Notes**

Today's practice is a short, guided meditation in which we begin by breathing in and out through the nose, if this is comfortable for you.

At the end of each inhale and exhale, count 1. Continue this practice until the count of 12. Become aware of the sensation of breathing and the physical effect it has on the different parts of your body.

Use the movement of your breath as an anchor to the present moment and when your mind starts to wander off into thought, gently notice where it has wandered to and bring it back to your breath, with kindness to yourself.

**Listen to the guided audio meditation**