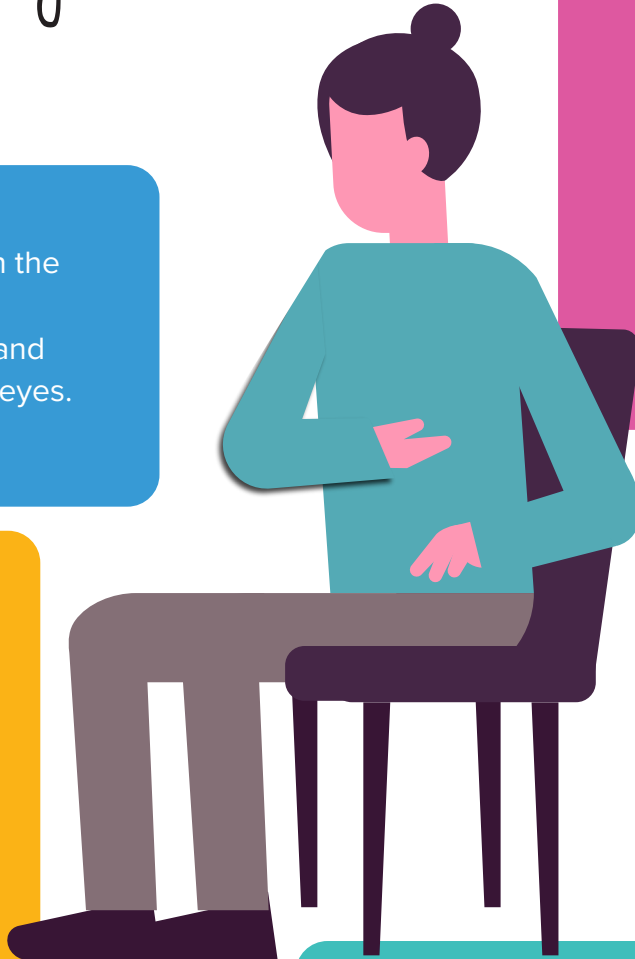


Mindfulness Exercise for Everyone



1. Sit comfortably.
Place both feet on the floor.
Lower your gaze and gently close your eyes.
Focus inward.

2. Think about the place where your feet touch the floor. Feel into your feet. Feel the solid ground under your feet.

3. Notice where your thighs and backside touch the chair.
Let the ground and chair hold your body.

4. Move your attention to your back. Where does your back touch the chair? Feel where there is contact and where there is none.

6. Now feel your whole body sitting there in this moment.
Bring your attention to your breath. Take a deep breath to really feel it. Ask yourself where you feel your breath the most. Maybe you feel it in your nostrils or in your throat. Do you feel it in your chest or belly? Now let your breath just happen as it will. When your attention goes to something else, let it come back to the breath.

5. Move your attention to your hands. Feel into your hands. Notice the position of your hands. Notice what your hands are touching. How do you know your hands are there without looking? Do you feel them from inside?

7. In a moment, you will hear a soft chime. This will end our mindfulness exercise.

