

10

TIPS TO MEDITATE EVERY DAY

1

COMMIT TO DO IT EVERY DAY

2

CHOOSE A TIME OF DAY

3

FIND A QUIET PLACE TO SIT

4

SET A TIMER

5

SELECT MUSIC OR A LESSON

6

RELAX & CLOSE YOUR EYES

7

FOCUS ON YOUR BREATHING

8

DON'T BE DISCOURAGED

9

PRACTICE, PRACTICE, PRACTICE

10

REWARD YOURSELF

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