

5 Minute Meditation

This 5 minute meditation is perfect for any time of day, to relax you and get you grounded again.

Preparation

- Find a quiet spot where you won't be disturbed.
- Sit or lay down—make sure you're comfortable (uncross arms and legs).
- Rest your hands on top of your legs or by your side.
- Close your eyes.
- Clear your mind from any thoughts.

Meditation

Take a few deep breathes to regulate your breathing. Let your body settle in to it's own natural rhythm. Ideally, you want your breathing to be quiet and slow.

- Inhale – count 'one' to yourself as you exhale.
- Inhale—count 'two' etc. Continue up to a count of five.
- Once you get to "five" - start the cycle again.

Continue cycles of 5 for 5 minutes. You can use a little timer if need be to assist you with timings—or complete a designated number of sets; for example 5 sets of 5.