

TOP TIPS
FOR
MEDITATION



1. Meditate first thing in the morning it's a great way to begin the day starting on the right foot
2. It's normal for your brain to be all over the place when you first start meditating, that's OK we are teaching it to be still and calm
3. There is no good or bad meditation, there is only awareness or non-awareness
4. In reality, just like anything, it often takes practice and patience to master the art of meditation

**To find out more visit
www.headspace.com**