

MINDFUL MOVES

ZaZen Meditation



Sit with spine straight. Place your left hand inside your right hand gently cupped, with the thumb tips lightly touching. Tongue should be lightly pressed against the roof of your mouth. Eyes are half open, gazing down in front of you. Breathe long, deep and slow. Count your breaths, 1-10. When you reach 10, begin again at one. If you lose track of your counting, just begin again at one without judging yourself. Whenever you notice a thought, place it in the palms of your hands.

This meditation creates concentrated awareness and a quiet mind.