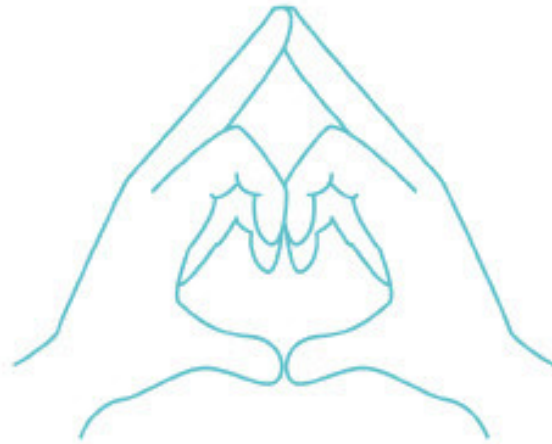


## MINDFUL MOVES

# Meditation for Tranquility



Sit with your spine straight. Have your elbows bent, with your forearms parallel to the ground. The hands are at the sternum level. Bend the index finger, the ring finger and the little finger of each hand in towards the palm. These fingers are pressed together along the second joint. The middle fingers and the thumbs are meeting at the tips. Hold this configuration 4 inches in front of your body at heart level with the fingers pointing out from the heart. Inhale, hold the breath and mentally repeat "SAT NAM" 11-21 times. Exhale and hold the breath out, and do the same repetition, the same number of times. 3 minutes.

Helps tranquilize the mind and moves the mind into a neutral state.

**SAT NAM means "Truth is my Identity"**