

Postures

- ॐ Feet flat on the floor/Legs crossed
- ॐ Hands on Knees/Palms in lap forming a circle
- ॐ Shoulders back
- ॐ Head tethered to a balloon
- ॐ Tongue where top teeth meet roof of mouth
- ॐ Eyes lightly closed



Full Lotus



Half Lotus



Burmese



On a stool



On a Chair

Procedures

- ॐ Set aside some time every day
- ॐ Use the Insight Timer
- ॐ Use ambient noise to help focus
- ॐ If you find yourself thinking, don't get upset, acknowledge it, and let it go.
- ॐ Take a deep breathe to refocus

