

## Introduction to Meditation Daily Practice Suggestions

Part I - Sitting in Silence - Choose a quiet place you can dedicate to your meditation practice. Commit to a regular time if possible. Many teachers recommend sitting first thing in the morning before one gets carried away by life's busyness. Use a timer and resolve to sit for 20 minutes.

Part II - Walking Meditation - Resolve to walk mindfully for various lengths of time throughout the day.

Part III - Breathing Breaks - Of course we all breathe to stay alive. Take mindful breathing breaks to only feel breathing periodically throughout the day.

Part IV - Guided Meditation - Choose a guided meditation and resolve to be present for the instruction. There are hundreds of these recordings offered by the Insight Meditation App. Many people use these recordings to take a time out in order to regroup or rest at different times during the day. There are also recordings specifically designed to help with sleep. Try not to substitute the guided meditation for the silent practice.

Part V - Guided Classes - There are a number of courses for purchase on the Insight Meditation App. The App offers a complementary course Learn How to Meditate In Seven Days. (Note that it takes a while for the content to load when you access the "Courses" icon button.)