



BENEFITS OF Meditation



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STATE BAR OF WISCONSIN

Breathe and relax

Find a place to get comfortable, preferably while sitting or lying down. Complete the following steps in one breath cycle. Repeat as needed.

1. Exhale completely through your mouth. Try to empty your lungs as much as possible.
2. Close your lips, inhale silently through your nose, and count to four.
3. Using the same rhythm, hold your breath and count to seven.
4. Exhale through your mouth and count to eight in the same rhythm.

From well-being.net