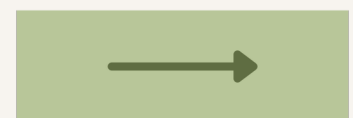

5 Meditation Steps for Calm & Clarity

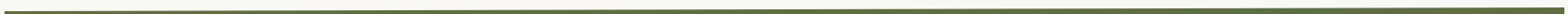
MEDITATION DOESN'T NEED TO BE PERFECT - JUST PRACTICED.



01

Create Your Calm Space

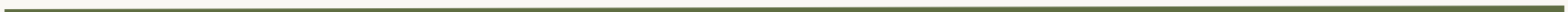
Sit comfortably, relax your shoulders, and close your eyes or soften your gaze.



02

Breathe Slowly

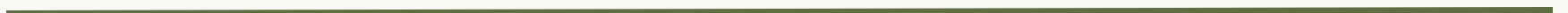
Inhale deeply through your nose and exhale slowly through your mouth, letting tension melt away.



03

Focus Your Awareness

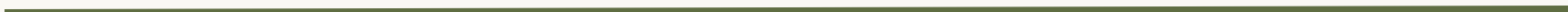
Bring your attention to your breath, a word, or a gentle sensation in your body.



04

Release Distractions

When thoughts arise, notice them gently and return your focus to your breath.



05

Close With Intention

Take one final deep breath and set a calm intention for your day.

"I release stress with every breath."

