



Find a quiet spot, super early before anyone else wakes up if you can.

 Put 2 or more pillows on the floor.

Sit on them cross-legged if poss.

Try and get your butt higher than your legs so your legs don't fall asleep.

Put hands palms up, one on top the other, whichever way feels good.

Relax a little, your neck, your back, arms, legs and face.

Take a deep breath...


 Set your alarm on your phone for 10 mins or longer if you can and hit go!

 Close your eyes almost shut, but leave a tiny bit of light through so you don't fall asleep.

Lightly FOCUS ON THE AIR GOING THROUGH YOUR NOSE
OR YOUR MOUTH.

 BREATHE SLOWLY AND GENTLY.

WHEN YOU NOTICE YOUR MIND DRIFTING - DON'T BE HARD ON YOURSELF.

 *Simply* LIGHTLY FOCUS ON THE AIR GOING THROUGH YOUR NOSE
OR YOUR MOUTH.

REPEAT until your alarm goes off.

Do this everyday if you can... in time YOU'LL FIND YOU'LL

Get better sleep.

Have more patience, individually, with your family, with your friends.

Start finding the space between your thoughts.

Big love, hope you enjoy x

