

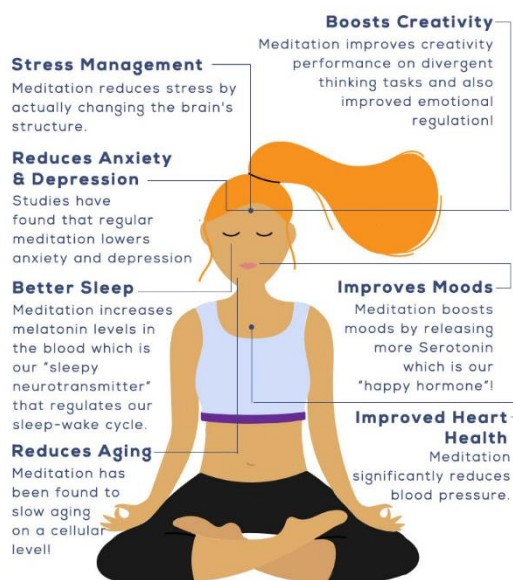
7 Ways Meditation Affects the Body...

You spend all day in the company of your own mind, so why aren't we spending more time making it our favourite place to be?

In a world filled with numbers, alerts, to-do lists and distractions, it's no wonder that stress and anxiety is a daily battle for most of us. Stress that's left unchecked can lead to many health problems such as high blood pressure, heart disease, insomnia, depression, and more!

Over 6,000 research papers are showing that the ancient practice of meditation holds the key to helping with these ailments, and we're only just beginning to scratch the surface.

The infographic below will show you 7 ways meditation affects the body!



HOW TO PRACTICE GUIDED MEDITATION

- 1. Schedule 10 minutes everyday:** meditation is a skill, and just like any other skill, it takes consistency.
- 2. Join a like-minded community:** join an online meditation app or local studio. Having a like-minded community will help to keep you inspired.
- 3. Find a quiet place:** Find a comfortable, calm space in your house where you won't be disturbed.
- 4. Get your posture right:** posture is a big part of meditation, maintaining an erect posture will help to support deep breathing.
- 5. Let go of expectations:** let go of your expectations & go with the flow with your meditation practice.