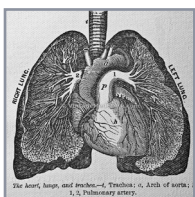


# Meditation Cheat Sheet

**Thanks for participating in the Fittest Loser Meditation Webinar!**  
Below are the 5 meditation techniques we reviewed. Practice one today!

Contact Unfold at [hello@unfoldyogawellness.com](mailto:hello@unfoldyogawellness.com) to set up a meditation class at your office.



## Practice 1: *Breath Awareness Mantra*

- Breathing is free. You can practice breath awareness anytime, anywhere.
- Silently repeat the following mantra: *"I am breathing in. I am breathing out."*



## Practice 2: *Observation Without Judgment*

- Quietly observe your thoughts. Get to know yourself.
- Silently, without judgment, say *"isn't that interesting"* in response to each thought that pops into your mind.



## Practice 3: *Mindful Movement*

- Get out of your head and into your body.
- Inhale arms up, exhale arms down. Repeat.



## Practice 4: *Single Object Focus*

- Use a lit candle, or any object, to serve as a focal point.
- Practice keeping your attention on one thing for at least one minute.



## Practice 5: *Zazen Counting Practice*

- Counting helps you to keep your attention on the task at hand.
- Inhale 1, exhale 2, inhale 3, exhale 4, inhale 5, exhale 6, inhale 7, exhale 8, inhale 9, exhale 10. Repeat.