

Focus on  
your breath

Focus on your  
breath

Be kind  
to your  
wandering  
mind

Feel your  
breath

Get comfortable

Focus on  
your  
body

Notice when  
your mind has  
wandered

Return  
your  
attention  
to your  
breath

Be  
present

Feel your  
breath



# Relaxation And Meditation Techniques

**Xiaolong Qi**



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