## Strength - Stability - Clarity



## A Simple Mindfulness Practice

- 1. Find a seat in a comfortable, upright posture.
- 2. Place your attention on the sensation of your breath, inhale and exhale, at the edge of your nostrils.
- 3. When your attention strays, gently guide it back to the breath without judgement or frustration. Re-placing your attention is the practice.