



Ellyn Hutton

Thank you!



Dima Bosko

# Meditation

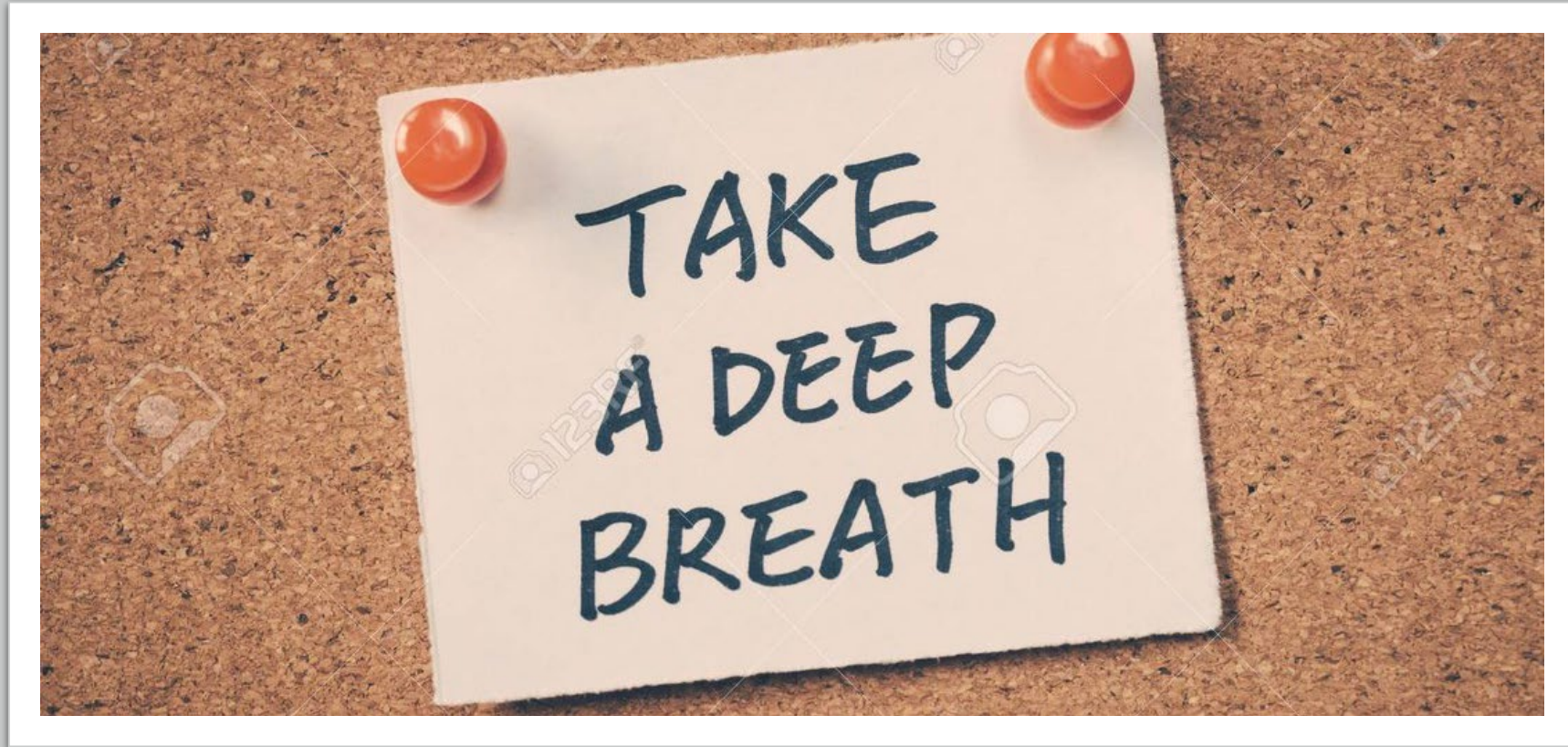
1. Reduces stress & anxiety
2. Enhances self awareness
3. Lengthens attention span
4. Helps reduce age related memory loss
5. Generates kindness, helps you feel good!
6. Helps fight addiction
7. Helps control pain, boosts immunity
8. Reduces blood pressure
9. Improves sleep
10. Can do it anywhere





## It's ok

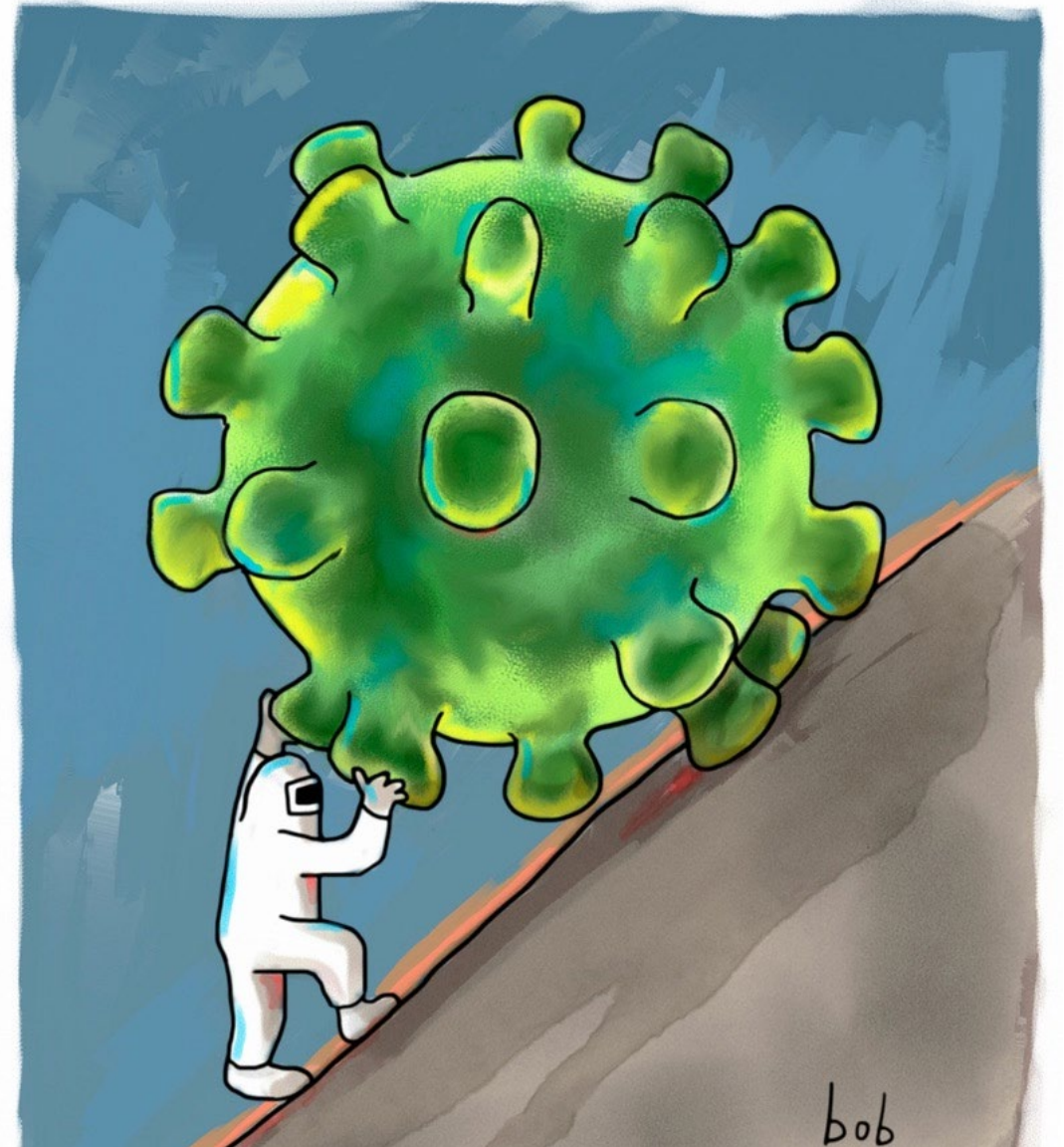
- Bored
- Resistant
- Restless
- Frustrated



Inhale “soft”, exhale “belly”



“Mask er aide” Breath





# OVERCOMING ANXIETY & FEAR

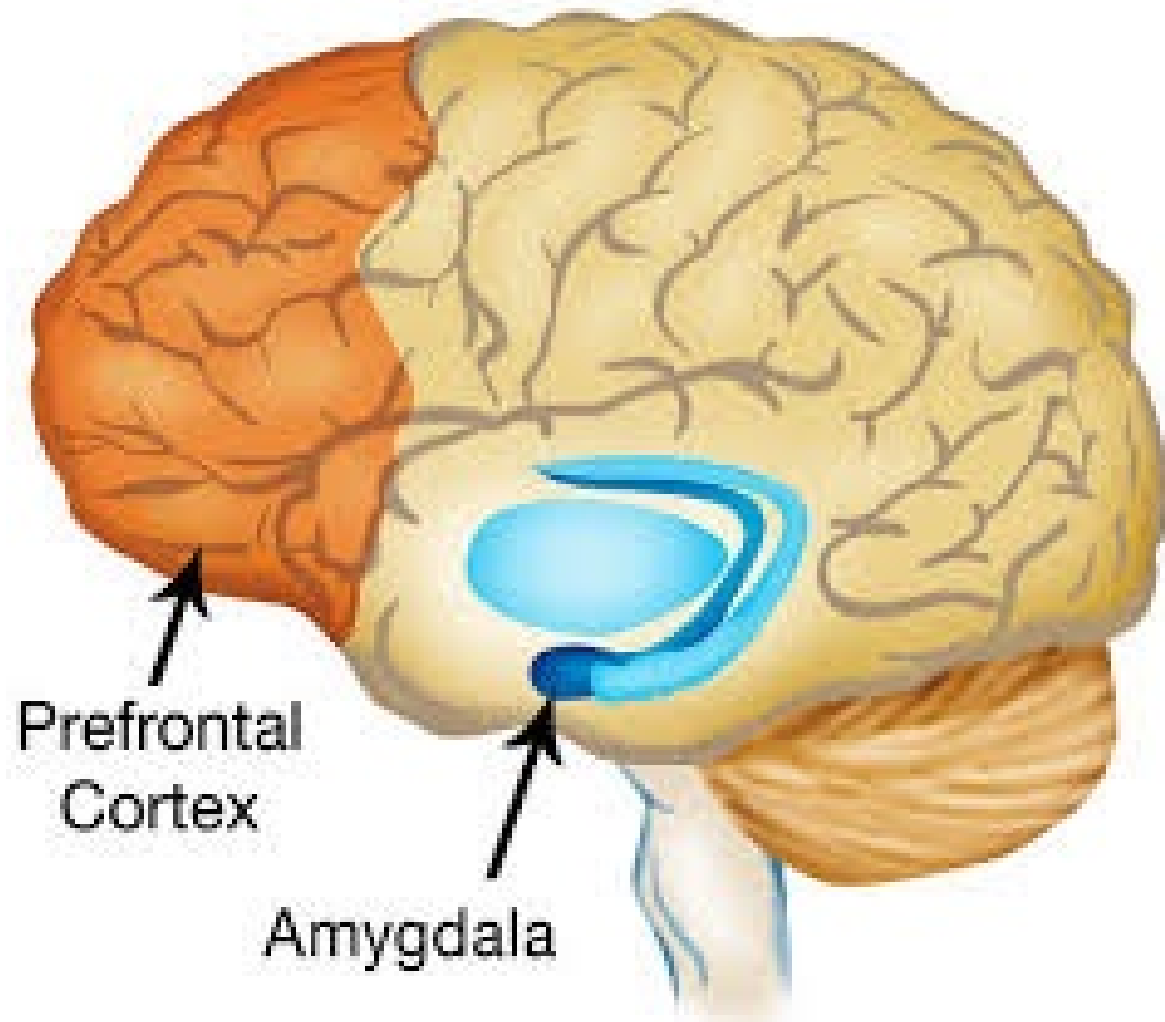
What can you control?



# Mindfulness

- Awareness that arises through
- paying attention,
- on purpose,
- in the present moment,
- non-judgmentally
- in the service of self-understanding and wisdom





Stress  
shrinks the  
**Rational**

enlarges  
**Flight/Fright**



Halo of the  
sun  
meditation



The warmth  
of the sun  
and calming  
the body and  
mind

||| Breathe  
Let the sun  
shine through

