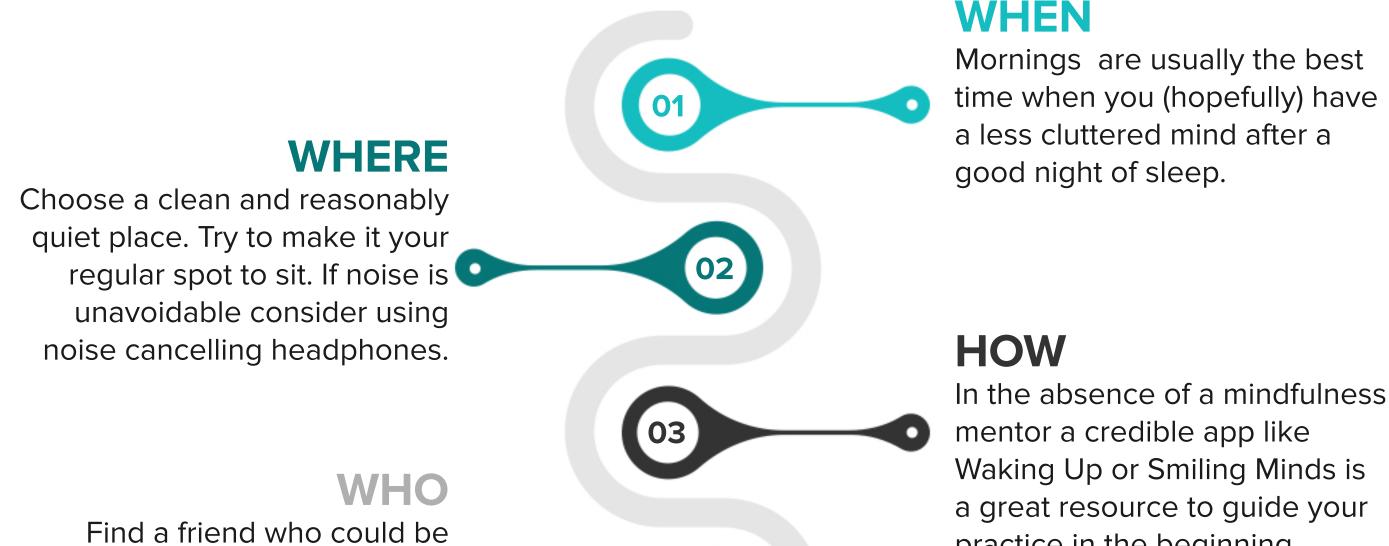
MINDFULNESS How to Practice? 6 Tips

Many seasoned mindfulness practitioners with years of experience still cherish their teachers and benefit from attending regular retreats. Getting personal support and immersing yourself in a conducive environment can help you to deepen your experience significantly and fast-track your progress.

However, if you would like to cultivate a calm, focus and clear mind but don't have access to a mindfulness mentor or a meditation retreat facility you can always start your practice by using an app!

6 Tips to help you start your mindfulness journey off quickly and smoothly:



your accountability buddy. Ideally someone with experience in mindfulness or who is also keen to establish a practice.

HOW OFTEN

Ideally daily (or at least 5 days a week) if you are truly committed and willing to enjoy the benefits (suggested by the extensive scientific research on mindfulness meditation.

practice in the beginning.

HOW LONG

According to research 10 min a day for 28 days is the minimum required for you (and people around you!) to start noticing tangible results.

Good Luck!

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Keen to learn more?

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