

# 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:

#### WHERE

Choose a clean and reasonably quiet place. Try to make it your regular spot to sit. If noise is unavoidable consider using noise cancelling headphones.

#### WHO

Find a friend who could be 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.

01

#### WHEN

Mornings are usually the best time when you (hopefully) have a less cluttered mind after a good night of sleep.

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#### HOW

In the absence of a mindfulness mentor a credible app like Waking Up or Smiling Minds is a great resource to guide your practice in the beginning.

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#### 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.

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**Good Luck!**



**Keen to learn more?**

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