



# Soul Harmony Yoga

Embracing the Art of Heart

## Preparation for meditation

When preparing to do meditation it's always a good idea to give a few minutes thought to the space that you are using. You may want to consider the following:

Where could you create a space that feels really special to you?  
It does not need to be a big space. A corner or a chair are perfect  
or a beautiful place in nature.

What would make it special for you? Candles, essential oils, pictures, music,  
lighting, spiritual ornaments, soft cushions, snug blankets, soft ground,  
under a beautiful tree, in the rays of warm sunlight?

What do you have/see right now that you could use?

What could you clear from this space that would make it feel special?

Think about setting intentions for your meditation-  
set a time in your mind that you are going to give to yourself for  
meditation and take yourself there.

How can you make yourself the most comfortable- what works for you?  
Sitting in a chair or on the floor? Ensure your spine is upright and you are comfortable.  
Use a cushion to ensure your pelvis is tilted forward if you are floor based.

Starting and finishing your meditation- take your time to come in and out of meditation.  
Consider what image you will see when you open your eyes as you finish.

Enjoy!