

Integrating Mindfulness into Your Daily Routine

July 16, 2020

In this seminar, Melinda opens a discussion regarding mindfulness practice and how to integrate it into your daily life.

- Opening practice
- Closing breathing practice
- Bringing awareness to the breath
- Integrating grounding anchors into your practice
- Seeing what happens when you focus on the breath. It isn't always a positive experience for everyone, and that's ok.
- Benefits of earthing
- When we should use grounding
- When we should use meditation
- The pressure of meditation, it doesn't always mean relaxation and that's ok.
- Several grounding activities were mentioned through discussion with members
- How to fit it into your daily life/schedule

An important thing to remember is - Start where you are today.

Here are the Opening and closing practices that you can listen to on their own.

[Opening practice](#)

[Closing practice](#)