

7 TIPS

TO CREATING A MINDFULNESS SPACE

1 CHOOSE THE "SPACE"

You don't always need an entire room! Start with a quiet low traffic area in a room you love.

- Add a screen or partition as needed.
- Double the space for crafting or reading.
- Keep it special, separate, and free of clutter from the rest of the house.



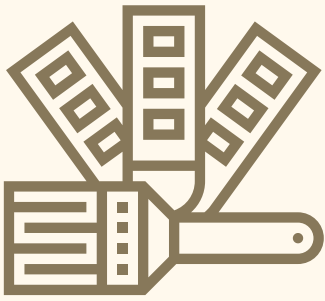
2 LESS IS MORE

Often you don't need much when it comes to mindfulness, so starting with what feels good to you can be useful as you set up your space.



3 PICK SOOTHING COLORS

Pale, earth-toned or neutral colors are typically the most calming. Incorporate them into furniture, candles, blankets, wall surfaces, and any other items you decide to bring in to your space.



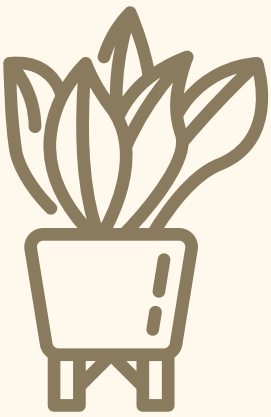
4 LIGHT AND FURNITURE

Think natural! Soft lighting, directly from the sun, and earthy textures in furnishings or fixtures will help keep the space calm and grounded.



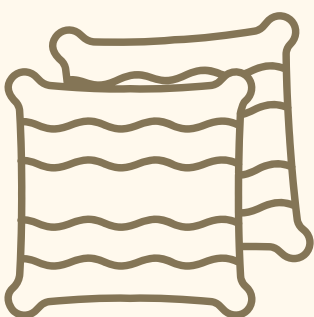
5 CONNECT WITH NATURE

Add a houseplant or something green, a seashell, or anything else you love right from nature. You can add them to a meditation altar or just have them nearby while you meditate.



6 PERSONALIZE

Add in any items that bring you joy. Artwork, special objects, blankets, and pillows all help turn a small area into something you will love returning to.



7 ENJOY!

Be sure to enjoy the space you worked so hard to create! Consider daily, shorter meditations to maximize health and use.

