

TYPES OF Meditation



Mindfulness Meditation

This type of meditation is based on being mindful and fully present by simply observing thoughts and emotions as they come and go—without judgement. It can be practiced without guidance and in a variety of settings, making it a great option for beginners.

Mantra Meditation

In this type of meditation, you repeat a calming word, thought, or phrase silently or aloud. Perfect for people who prefer repetition and/or sound, it clears the mind and can quickly tune you into your environment. Individuals can self lead in Mantra Meditation without guidance.



Focused Meditation

Using any of the five senses, this meditation has you focus on internal sensations such as breath, or external sensations such as counting mala beads or breaths, listening to sounds, or staring at a candle flame or other object. When the mind wanders, simply return to that particular focal point.

Progressive Relaxation

Also called a body-scan meditation, you would begin by slowly tightening and then relaxing one muscle group at a time until you have moved through the whole body. You can also scan through the body one area at a time without actively tensing or relaxing.



Movement Meditations (Yoga, Qigong, Tai Chi)

Movement meditations incorporate mindfulness, energy, and breathwork in a systematic way. They are often led by certified instructors and promote mind-body connection, calming both your mind and body. Other forms include gardening and walking meditations.

