

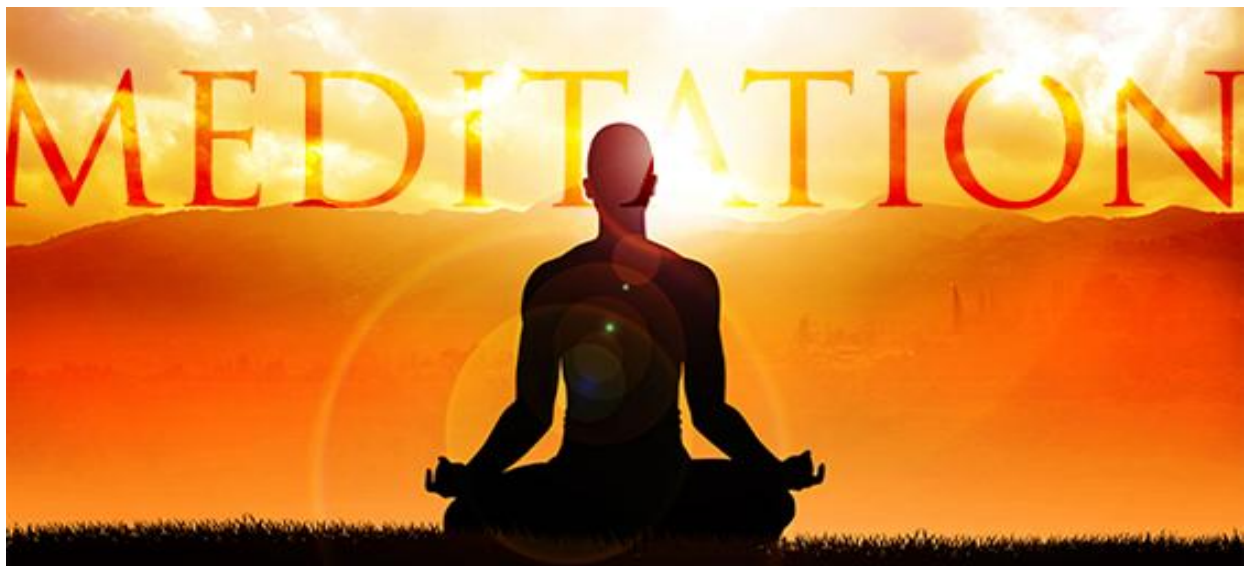
Benefits of Sun Meditation

Meditation the Power of Soul

Did you know by spending just a little time preparing for your meditation, you can actually have a deeper experience in meditation? For your ease, the tips given below will help you prepare for your meditation. Once done,

Click on the guided meditation below to begin your meditation.

- Choose a Convenient Time
- Choose a Quiet Place
- Sit in a Comfortable Posture
- Keep a Relatively Empty Stomach
- Start With a Few Warm-ups
- Take a Few Deep Breaths
- Keep a Gentle Smile on Your Face
- Open Your Eyes Slowly and Gently



For more Details please visit at: <http://sunawakesyou.org/meditation.html> or contact us on: sunawakesyou2015@gmail.com

FOLLOW US ON:

<https://twitter.com/sunawakesyou>

<https://www.facebook.com/sunawakesyou/>

<https://plus.google.com/u/0/101052049795241886549/posts>

RELATED ARTICLES:

[Poses of Surya Meditation](#) | [Meditation Yoga Poses](#) | [Benefits of Sun Meditation](#) |
[12 Steps of Sun Salutation](#) | [Sun Salutation Yoga pose benefits](#)