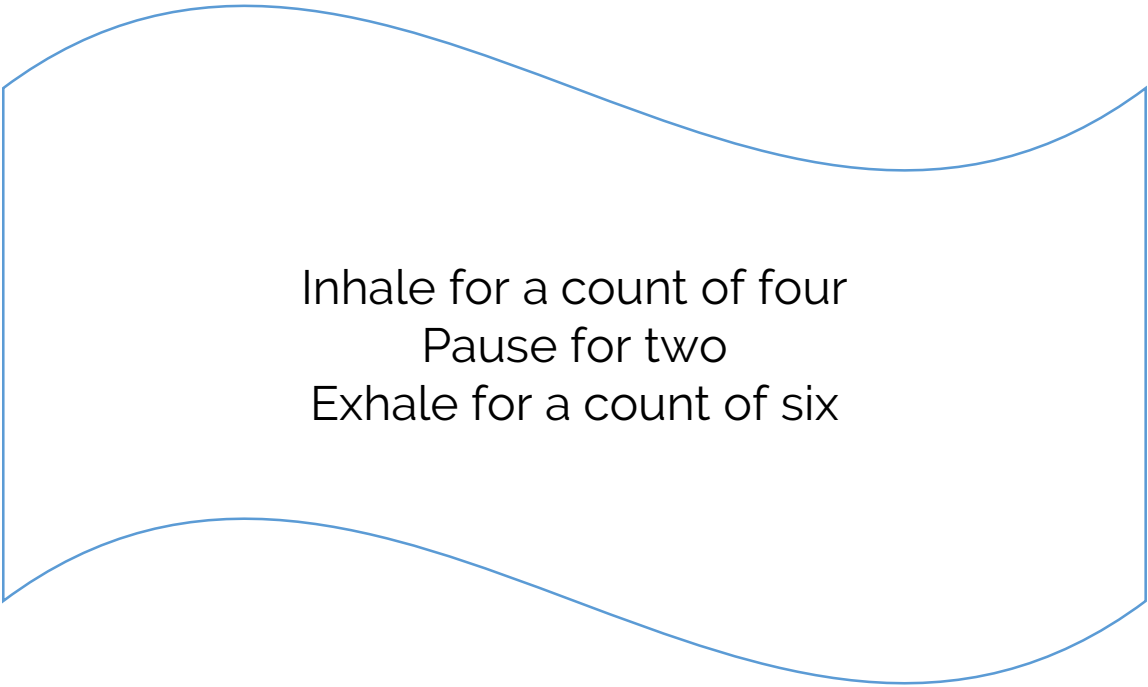


# Your Simplest Mindfulness Practice



Inhale for a count of four  
Pause for two  
Exhale for a count of six

You have just practiced mindfulness!

Do this whenever you like, for as long as you like.  
You can do it in the car, on the bus, at your desk, in your bed.

Curious about how you can learn more? Check out  
Mindfulness for the Chronic Life (free) Workshop  
<https://melissavsfibromyalgia.com/whatioffer/resources/meditation-and-mindfulness/>