

Stay present,
allow the
distractions
drift into the
background

Give it a go...


By Margarita Zilberman

www.ritaz.yoga

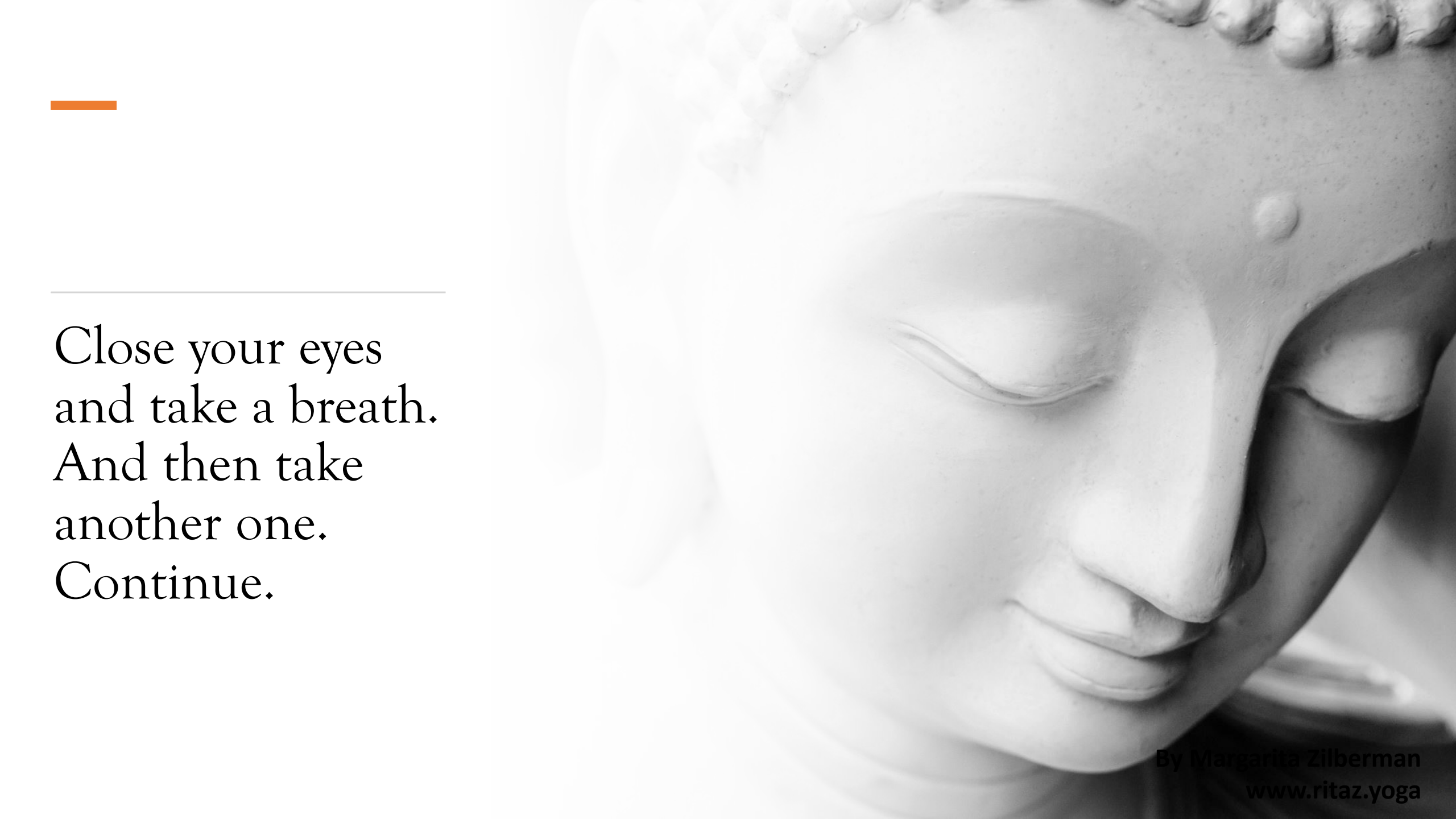


Do you think you could find a couple of minutes to stay by yourself and enjoy the quietness?

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Sit in a comfortable position of your choice with no distractions and phone nearby.



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Close your eyes
and take a breath.
And then take
another one.
Continue.



Stay still in the body and silent in the mind -
let the distractions drift into the background,
stay present, feel alert but at ease.

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Enjoy the gift of
now today and
every day. The gift
of simply being.

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