

**DCAC 2016**  
**Presented by Petra Kolber**  
Heavily Meditated and Highly Motivated  
Meditation for the Fitness Mind

*“Meditation is making friends with your mind” – Pema Chodron*

**Why Meditate?**

- The Benefits
- Meditation and our Brain and Mood
- Meditation and Performance
- Meditation and our Body and Health
- Meditation and our Relationships
- Meditation and our children

**Starting With Where You Are:**

- Mindful or Mind - full
- Do we have thoughts or do our thoughts have us?
- Noticing the noise - Monkey Mind
- Finding the space in between
- Choosing to live Wholeheartedly

**Motivation for your Meditation**

- Remembering your Why
- Link to your Why
- KISS Principle
- Moving from an action into a habit
- Accountability
- Right mind, right attitude
- Play and purpose
- Navigating the Roadblocks

**Meditation for The Fitness Mind**

- When should I meditate?
- Where should I meditate?
- How long should I mediate?
- Should I have my eyes open or closed?
- How do I get started?

## **Finding a Comfortable Seat – The Six Points of Posture**

- Floor
- In a chair
- Seat:
- Legs:
- Body:
- Hands:
- Face:
- Eyes:

## **A Bridge to Meditation**

- 3 Deep Breaths – Thomas Crum
- Centering Breath
- Possibility Breath

*“Breathing is the one direct interface between our voluntary and involuntary systems”*

## **The Exercise**

### **Meditation and The Senses**

### **Mindfulness Meditation**

### **Loving Kindness Meditation**

### **Meditation off The Pillow and into the World**

*Wherever you are. Be all there.*

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