



21-Day Meditation Challenge

Never meditated before? No problem. Our expert teachers are here to help you learn the basics, from how to sit to how to keep your mind focused in silence. We'll start easy, with just 1 minute of sitting, breathing, and being present with the experience. And each day, you'll sit a little bit longer until you are able to experience (and enjoy!) a full 21-minute session of meditation on your own. Soon you'll get a glimpse of all that meditation has to offer to mind and body. And you may just find yourself jumping out of bed instead of hitting snooze, humming while you sit in traffic, laughing more, and having the subtle sensation of life being on your side instead of something you have to elbow your way through.

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""Get ready to change your mind and change your life!



The research validating the benefits of meditation keeps rolling in. It tells us that regular practice will actually change the structure of your brain in a way that increases your ability to focus, be less reactive in the face of stress, boost your memory, increase immunity, and even help prevent the cognitive degeneration that happens with age. It also decreases anxiety, can help you manage depression and pain, and may just allow you to get a good night's sleep.

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But one of the most important gifts of meditation is one that is less quantifiable but is absolutely the experience of regular practitioners is the sense it provides of coming home to oneself. It truly is a way to befriend your thoughts and emotions, to feel more confident and at peace with yourself. At the same time, meditation provides a very safe and real portal to experience spaciousness, perspective, and wisdom readily available to all of us when we can get out of our own heads! Through meditation, you will tap into this *bigness* and forge an unshakeable alliance with your most trustworthy resource: Yourself.

This is the true promise of meditation: More ease, greater flow, and the opportunity to experience life as a journey to be savored.

We'll give you ideas and advice for setting up your space and getting yourself ready to sit for daily meditation. Then the program will guide you through an easy-to-follow plan that gradually builds up to 21 minutes. Throughout, you'll get tips from some of the leading meditation experts to make the practice more accessible, plus have access to guided meditations to help you along the way.

Start today, and sign up now for the 21-Day Meditation Challenge!

<https://www.rodaleu.com/courses/21-day-meditation-challenge>