

SIMPLE MEDITATION PRACTICES

THE ENTREPRENEUR'S GUIDE TO MINDFULNESS:
SIMPLE MEDITATION PRACTICES
FOR EVERY JOURNEY

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Strathcona, Canada

WELCOME

First, I want to say congratulations on taking a big step in your own health and healing journey, you must be so proud of yourself! Celebrate the little wins today and get excited because we are about to go on a journey together, back to ourselves.



Vancouver, Canada

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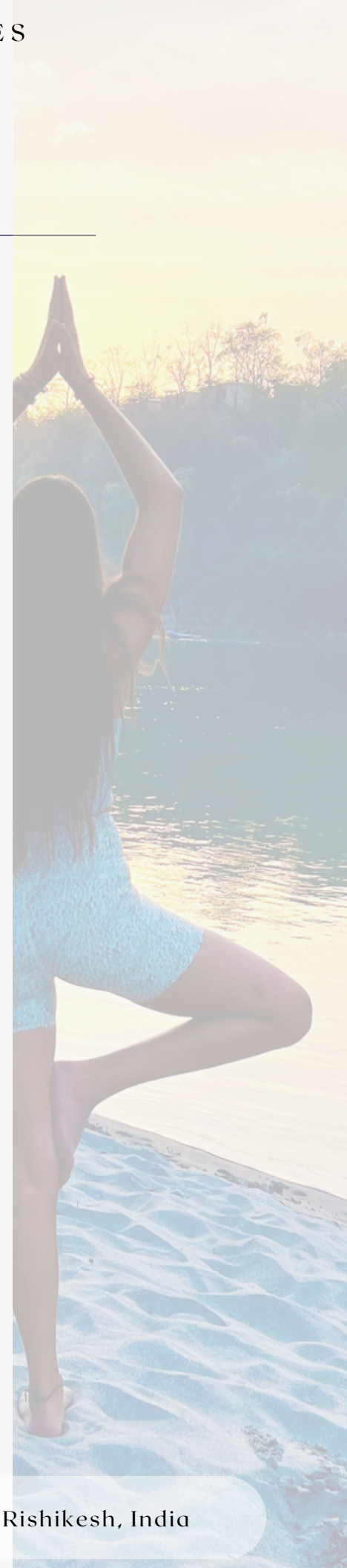
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Sometimes life doesn't go in the direction we want it to. Learn some techniques I use when today isn't your day.

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CONCLUSION

It's time to start your journey!





Koh Phangan, Thailand

HOW TO USE THIS GUIDE

This guide is meant to be just that... a guide! Let it be a foundation to discover the best techniques for you. Use this book as a starting point on your journey to feeling centred, grounded and able to take on whatever life throws at you, especially as a busy entrepreneur who is always on the go!



ABOUT ME

HELLO, MY NAME IS SOPHIA!

Phuket, Thailand



I am excited to be creating this guide to share my knowledge with you! Originally from Vancouver, British Columbia, I started travelling solo here in Canada in 2016 and internationally in 2021. I have always loved to explore and have had many jobs on the go, but as the years went on I began to feel more and more ungrounded, stressed and unhappy.

I spent a year travelling Mexico and Asia, where I became a Reiki Level 1 (Indonesia) and Level 2 (Thailand) Practitioner, and a 200HR Registered Yoga and Meditation Teacher (India). Currently, I am studying to become an Ayurvedic Health Practitioner through a school in Rishikesh, India.

As I travelled more and continued to work remotely (as a graphic and web designer) I found my meditation and yoga practice essential in order to maintain a healthy balance as a travelling entrepreneur. Here I share some techniques I use, no matter where I am in the world or how busy my life gets.



PRACTICAL TECHNIQUES

THE GOOD STUFF!!

Here are a few of my favourite techniques to help centre yourself as a busy entrepreneur. A daily routine will help you develop a practice that you can take wherever you are in the world, whether that's at home, living abroad or on the go to your next travel destination. Treat your brain like a muscle, it gets stronger and easier with every practice. By creating a foundation for yourself now, you are ensuring you have the tools you need to feel grounded in any situation. Feel free to put headphones in and enjoy some instrumental music while practicing these techniques!



HANDPAN MEDITATION | SPA MEDITATION

Chiang Mai, Thailand



PRACTICE 1

BREATHING EXERCISES

1. Activate Your Rest and Digest, Parasympathetic Nervous System

First, sit or stand in a comfortable position with your feet flat on the ground.

Inhale through your nose for 4 seconds, focus on the feeling of the cold air filtering through your nose.

Hold your breath for 8 seconds - allow this pause to feel the stillness.

Slowly exhale through your mouth for 8 seconds (exactly twice as long as your inhale).

Repeat this process 10 times.



PRACTICE 1

BREATHING EXERCISES

2. Box Breathing Technique

First, sit or stand in a comfortable position with your feet flat on the ground.

Inhale through your nose for 4 seconds, focus on the feeling of the cold air filtering through your nose.

Hold your breath for 4 seconds - allow this pause to feel the stillness.

Slowly exhale through your mouth for 4 seconds.

Hold your breath again one more time for 4 seconds.

Repeat this process 10 times.

This technique is called "box breathing" because all 4 lengths of time are the same. Some people also like to draw a "box" on their leg while doing the exercise to help them connect further to themselves. To do this, start with your inhale drawing a line up your leg with your finger, while you hold your breath, move your finger across your leg to the right, on your exhale, move your finger down then when you hold again you can move your finger to the left, completing the imaginary box. 5

PRACTICE 2

GUIDED IMAGERY

First, sit or stand in a comfortable position with your feet flat on the ground.

Take a deep, slow breath through your nose, feel it as it goes inward all the way down to the bottom of your stomach, then back up again. Repeat 3 times.

Imagine a favourite place you have travelled to, it can be as close as down the street to as far away as the other side of the world. Take a moment to sit there, what do you see, feel, hear, smell or even taste.

My imaginary place is on a beach in Thailand I fell in love with. When I close my eyes I can feel the sand between my toes, the sun on my skin and the smell of the salty water in the air. I can hear the rushes of the waves as I watch others go by.

The more detailed you get, the deeper you go into this practice. Have some fun with it and let your mind take you on a little vacation.

Allow this practice to go on for however long you'd like, or you can aim for 5-10 minutes.



PRACTICE 3

WALKING MEDITATION

Having troubles with sitting still during your meditation? Give this technique a go! It's all about stepping back into your body and feeling in sync between your body and mind.

Please always maintain awareness of your surroundings and safety while walking in your community. This is not a time to have your eyes closed, but to actually be more aware of the sights and sounds around you. Always watch for traffic and take your time.

First, get outside. For this technique, it's best to not have any music in your ears, this will allow you to be fully present in the experience. Instead of getting rid of distraction, we are going to use it to our advantage.

Then set an intention, whether it's to clear your mind, focus on your breath, or simply be present in the moment.

Take 3 deep, long breaths inhaling with your nose and exhaling with your mouth. This will help ground you in the moment.



PRACTICE 3

WALKING MEDITATION

We are going to use the techniques we learned on pages 4 and 5, but instead of just counting to 4 or 8, we will use our steps to help us count. So, if we are practicing the box breathing technique, we will take 4 steps while breathing in, then 4 steps to hold our breath and so on. Continue to count your steps in your head and use that as a guide to sync into your breath. You should find a steady rhythm.

Now allow yourself to continue walking forward with intention, focussing on what you can see, hear, smell and feel. This will help train your mind to focus on your breath and body despite the sounds of traffic or any visual stimulation.

If your mind decides to wander, that's okay! Acknowledge that it has wandered and go back to counting your steps. The goal is to increase the amount of time you are able to count your steps, and having awareness when your mind drags you off course.

The goal isn't to completely eliminate thought, that would be very controlling. Surrender and let it be, just remember when your mind wanders to come back to counting your breath.

PRACTICE 4

BODY SCAN

1. Get comfortable: Sit or lie down in a quiet place. Make sure you're comfortable, but not too relaxed that you could fall asleep.
2. Take a few deep breaths: Breathe in deeply through your nose, then exhale slowly through your mouth. Do this a few times to help you relax.
3. Focus on your feet: Start by paying attention to your feet. Notice how they feel—are they warm, cold, tense, or relaxed? Just notice, don't judge.
4. Move up your body: Slowly shift your attention up to your legs, then your stomach, chest, hands, arms, and so on, all the way up to your head. As you focus on each part, see if you can feel any tension or discomfort.



PRACTICE 4

BODY SCAN

5. Let go of tension: If you notice any tightness or discomfort, try to breathe into that area and let it go, sinking deeper into the chair or ground, like releasing the tension with each exhale.

6. Be kind to yourself: If your mind starts to wander, gently bring it back to the part of your body you're focusing on. It's normal for your mind to drift, so just return to the scan without judgment.

8. Finish slowly: When you've scanned your whole body, take a few deep breaths again and slowly bring your attention back to the room around you.

Remember, this isn't about forcing your brain into submission, thoughts are going to come up and happen. It's all about noticing that your mind is going down a thought process, acknowledging the thought, then going back to your practice. The quicker you're able to do this, the easier it will become in your every day life. This is where all the magic happens!

PRACTICE 5

JOURNAL PROMPTS

Use these journal prompts to understand how meditation can support your needs and fit into your busy lifestyle.

1. What does my ideal meditation routine look like and how can I adapt it to my current lifestyle?
2. What obstacles or excuses do I encounter when trying to meditate, and how can I reframe them to create consistency?
3. How can I integrate mindfulness or meditation into small moments throughout my day, no matter where I am?
4. When I'm feeling overwhelmed or stressed, how can I use meditation to reset and regain focus, even if I don't have a lot of time?
5. What is the most important reason for me to create a regular meditation practice, and how will it benefit both my personal life and my work?
6. How much time would I like to spend on my daily meditation practice?



BONUS

STRESSFUL MOMENTS

We all have them, whether a project is just not going our way or the airline has lost our luggage, life has a funny way of testing our patience.

First, in the heat of the moment, take a deep breath. I know this is so cliché, but it genuinely does work. It helps bring you back to yourself when the moment is tense. Feel free to even stand up or move around.

Then we are going to pull your brain out of the moment completely. This is what you will focus on:

- 5 Things You Can See: Look around and notice 5 things in your environment. Try to find things you might normally overlook.
- 4 Things You Can Feel: Pay attention to your physical sensations—your feet on the ground, the seat beneath you, the texture of your clothes, the air on your skin.
- 3 Things You Can Hear: Focus on sounds in your environment. It could be distant chatter, the hum of a machine, or the sound of your own breath.



BONUS

STRESSFUL MOMENTS

- 2 Things You Can Smell: Notice any scents around you. If you're indoors, you might smell the scent of coffee, fresh air, or a familiar fragrance.
- 1 Thing You Can Taste: Focus on the taste in your mouth. If you've eaten recently, notice lingering flavours. If not, take a mindful sip of water or tea.

Now, with some clarity, begin to create a mental list of the things you can't control, like someone submitting required work way past the deadline or a flight being delayed. We tend to get frustrated when these things happen, but at the end of the day, frustrated or not, they're still going to happen, so why poison our bodies with stress. Either way, this is the journey you're on right now so let's ground into it.

Start focussing on a few things you can control. Figure out if there is something you can do about the situation, or if the only thing that needs to be done is letting it be, that's ok too.

BONUS

STRESSFUL MOMENTS

Create a plan of action that includes anything that you need to do to help resolve the situation. Tell yourself it's ok to let go of anything that is not in your control.

In my belief, things do happen for a reason. Maybe you dropped your coffee all over the floor, but that was preventing you from a major car accident. Whether you choose to believe this or not that's ok! Either way, notice the small things in life that you are grateful for and let that fill you with a little joy.

Lastly, understand that it's ok to feel off sometimes, especially when life isn't going our way right now. Acknowledge that you're feeling this way instead of just trying to force happiness on yourself. The goal is to not let the emotion control us, but instead feel the emotion and then let go of anything you can't control.



NEED MORE INSIGHT & SUPPORT?

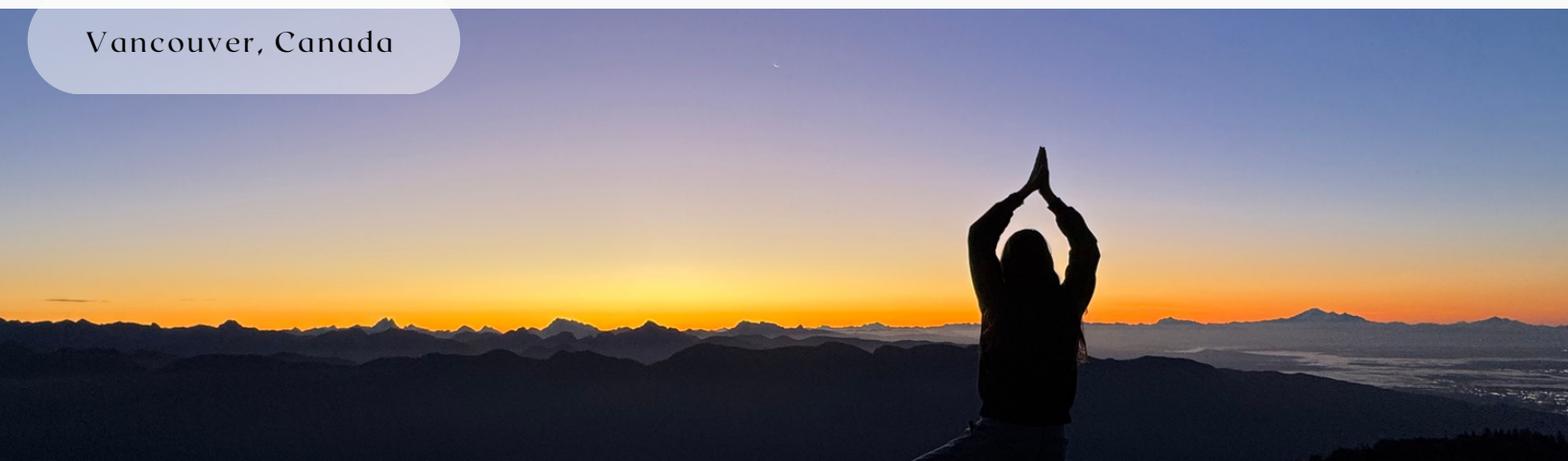
TRY A 30 DAY MEDITATION CHALLENGE

You've learned the basics, now it's time to expand your practice and build a habit that lasts. My 30 day meditation challenge ebook will take you from a complete beginner to having a daily 30 minute practice, complete with journal prompts, to help you reflect and track your journey. By using this guide, you'll be able to see overtime how your practice has improved and finally receive the tools to stay consistent and conquer any stressful situation life throws at you.

No pressure, no perfection. Just simple, daily guided steps to help you stick with it. Ready to give it a try?

JOIN THE CHALLENGE

Vancouver, Canada





NEED MORE INSIGHT & SUPPORT?

BOOK A 1:1 MEDITATION COACHING & REIKI SESSION

If you're ready to go deeper, I'd love to support you with a 1:1 meditation and distance Reiki session. Whether you're seeking relaxation, energy healing, or guidance on your journey, this personalized session is designed to help you realign and recharge. Each session combines live guided meditations, daily practices and reiki healing to help you achieve your goals quicker.

Book your session today and experience the power of Meditation and Reiki, tailored just for you!

BOOK NOW

Victoria, Canada





Victoria, Canada

CONCLUSION

GUIDE TO MINDFULNESS

I hope this guide was helpful for you to be able to cultivate more mindfulness in your busy schedule. Feel free to use these techniques in any combination to support your goal of becoming more grounded from anywhere in the world, no matter what happens.

I would loooove to watch you on your journey! Feel free to tag me @holisticsophiamarie on socials with your meditation experience so I can follow along!! It was such a pleasure, and I hope to work with you again soon.

Thank you!

SIMPLE MEDITATION PRACTICES



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