

- **Plan** a day in the near future that you think will work best. Mark the day on the calendar and work with your spouse or partner to support this day. Make sure you let family and friends know that you are taking a full day of silence for yourself and that you will be unreachable unless there is an emergency. Use the bold print below to create a badge or pin that says reads “In loving silence” so that you can point to it if needed.
- **Breathe.** Pay special attention to your breath today. Try some of the breathing exercises from the mindful hub worksheet, [Three Yogic Breathing Techniques to Help With Your Mindfulness Practice.](#)
- **Incorporate formal seated practice.** Set up your day so that you will have time for one or more formal meditation sessions. They don’t have to be long sessions. In fact two or more short sessions (less than twenty minutes) might be more productive than longer sessions.
- **Unplug.** Close your computer and turn off your cell phone. It is advised that you even refrain from reading any magazines or fiction that will distract the mind. Some periods of reading books on meditation practice or some other material that is contemplative or inspirational would be okay, but remember the point of your day of silence is to be in the present moment.
- **Go outside your normal routine.** If you get restless, go for a walk around your neighborhood. Try to take everything in as if it’s for the first time. Really acknowledge each flower or blade of grass. Walk slowly and take your time. If neighbors say hello, give them a quite smile or wave. You can also walk around the interior of your house or your garden as if it was the first time you saw it. Refrain from taking on any big cleaning or organizing projects. Notice what emotions come up for you when you refrain keeping busy.
- **Mindful movement.** Make time in your day of silence to practice your favorite yoga sequence. Take an extra long savasana today.
- **Be mindful in your every day activities.** Slow down every activity. Dress more mindfully. Eat simply and slowly. Taking a mindful bath is a great way to relax. Pour in some sea salts and lavender oil to relax and turn your bath into a mindful ritual.
- **Renter the the world gently.** It can be a shock to the mind and body to come out of retreat, even if it was just for a day. Be gentle with yourself. You might try going to bed early, and getting up early and spending an hour in silence on your second day before you reenter the the world.

— *IN LOVING SILENCE* —

Mindfulhub.com - We wish you twenty minutes of mindfulness every day!



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