



Pure Community

Thank you for joining us!

**Series:** Building a Mindful Meditation Practice  
**Trainer:** Anne Contreras, Director of Programs

### Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. This is for live webinars only.
2. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
3. If you have any questions, please type them into the Q&A box.
4. Be sure to keep a **pen/pencil/paper nearby to jot down your thoughts.**



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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Introductions

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**Anne Contreras**

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*Director of Programs & National Trainer*

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied Scholarship)

Foundation: Trauma

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# Establishing A Practice

1. Making the **TIME** to meditate
2. Creating **SPACE** to practice
3. Setting an **INTENTION**
4. Building **CONSISTENCY**
5. Finding a **FRIEND**
6. Keeping a **JOURNAL**





# Engaging Activity: Belly Breathing



# Practice: Meditation - 15 minutes





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