



Soma Cura Wellness Center

Mindfulness Challenge

Find calm in the everyday

Take a few moments each day to pause, breathe and be fully present. Try one or more of these mindful practices and see which feels right for you.

Ways to Meditate

1. Box Breathing

Breathe in for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for several rounds. Notice how your body softens with each breath.

2. Candle Meditation

Light a candle and softly focus on the flame.
When your mind wanders, gently return your gaze and your breath to the light.

3. Guided Meditation

Listen to a short meditation track (you can use Soma Cura's free one!). Allow the voice and sound to guide your attention inward.

4. Visualization

Close your eyes and picture a peaceful scene - a calm lake, a warm sunrise, or your yoga mat after class.

The Challenge

Choose a meditation type and a time goal. Check off each circle as you complete your sessions.

	3 Min	5 Min	7 Min	10 Min
Box Breathing	☐	☐	☐	☐
Candle Meditation	☐	☐	☐	☐
Guided Meditation	☐	☐	☐	☐
Visualization	☐	☐	☐	☐

Reflection

What changes when you give yourself permission to pause?

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