

Basic Meditation Techniques for Beginners



Mindfulness meditation fosters present moment awareness and reduces stress.

Guided meditation offers structured relaxation, led by an experienced voice.



Focused on breath, meditation enhances focus, sharpens mind, brings peace.

Systematically tense and relax muscles for deep relaxation benefits.



Mantra meditation: Repeat chosen word to achieve inner peace.

Alpesh Yoga is a yoga school in Dharamshala and Goa that offers yoga teacher training programs and retreats across the globe.