

Title:

Creating Your Own Private Meditation Room

Word Count:

597

Summary:

A lot of people are going into yoga these days to keep themselves in the peak of health and fa

Keywords:

meditation room

Article Body:

Meditation rooms are not rooms per se. Most of the time, they are just secluded nooks in some

Choosing a Spot for Your Meditation Room

Quietness and isolation are the primary qualities that a meditation room must have. No matter

You can situate your own meditation room in your own bedroom if you want. Any corner that can

Furnishing the Meditation Room

A meditation room does not require much in terms of furnishings. The most essential piece of

A CD player, however, may be necessary. It helps a lot to meditate while listening to soft, i

How your meditation room is lighted may affect how well you focus and concentrate in clearing

You do not have to decorate the walls. If you can paint the walls a neutral color, it would b

Maintaining the Meditation Room

Your meditation room is ideally the one place in your house, if not in the whole world, where

No matter how busy you may be with your daily life, always find the time to keep your meditati

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