

# Meditation On Demand

These videos are 15 minutes long and offer different breathing, mindfulness, and/or meditation techniques. The descriptions of each and the links are below. Try them all and use the ones that work best for you.

Try practicing 3-5 times a week for a month and notice any changes in your focus, presence, and sense of peace. If you have any questions or shares please email Jackie Dominas, [jackie@jackiedomains.com](mailto:jackie@jackiedomains.com), or connect with me on [Instagram](#).

## [Intro message from Jackie with a quick overview of meditation](#)

### 1. [Nervous System Soothing](#)

During this meditation, you'll be guided through six points of posture while keeping your attention on your breath. Then you'll practice a nervous system breathing technique to help calm the mind and body.

### 2. [Mantra Meditation](#)

Explore using a mantra to help still the mind and let go of any thoughts that are not supporting your energy, productivity, health, and happiness.

### 3. [Box Breathing](#)

In this video, you'll practice a breathing technique that Navy Seals use to calm their bodies in stressful situations. We'll practice this powerful technique together, and you'll have time to sit in silent meditation.

### 4. [Guided Meditation](#)

During this meditation, you'll be guided to bring your attention to different body parts while practicing deep breathing. This practice can help you relax the body while keeping the mind focused.

### 5. [Yoga Nidra](#) - audio

Lay down and get comfortable. This 20 minute yoga nidra practice will help you relax and rejuvenate you.



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## Additional Resources

- [How to Meditate: A Practical Guide to Making Friends with Your Mind by Pema Chodron](#)
- [Untethered Soul by Micahel Singer](#)
- [Book a one-on-one session with Jackie](#)

In my [Return to Your Core membership](#), you get monthly meditations, weekly yoga classes geared toward the female body, cyclical living guidance, and full moon circles including visualizations, breathwork, reflection, and community for growth and transformation. [Learn more](#) and try a class for free.

### About Jackie Dominas, RD, E-RYT 500

Jackie has taught yoga and meditation since 2007 and led an award-winning corporate wellness program for 10 years. She has witnessed the powerful effects mindfulness, breathing techniques, meditation, and yoga have in her own life and others. Jackie teaches virtual yoga classes, one-on-one coaching, and workshops, and leads 200-hour yoga teacher trainings, and annual retreats. To learn more visit [www.jackiedominas.com](http://www.jackiedominas.com)

