

STILLPOINT

7-Day Beginner Practice

A look inside

A simple daily meditation ritual you can keep

Sample pages · not the complete booklet

Read one morning.

See how the week is built.

Then decide.

This file is a look inside. The complete 15-page booklet arrives after checkout.

THE BOOKLET

A practice you can keep

The 7-Day Beginner Practice is a printable PDF for people who have never meditated, or who keep starting over. Each morning is one short sitting, one page of instruction, and a closing note.

No app. No jargon. No hour-long sessions. Sit for five to ten minutes, then go on with your day.

It is written to live on a table, not in a feed. Print it, or keep it on your phone. A chair is enough.

TIME	Five to ten minutes each morning
FORM	A 15-page booklet you can print or keep
LEVEL	Written for a first sit, and for starting over
TOOLS	A chair. A timer. No subscription.

THE SHAPE OF A DAY

How a morning works



01 **Read one page**

Only that morning's sitting. Put the rest away.

02 **Sit**

Five to ten minutes. A chair is enough.

03 **Close**

One short note, then stand and go on with your day.

04 **Tomorrow**

The next page. If you miss a day, continue. Nothing expires.

Day 01 · five minutes

Arriving

Sit. Feel the contact of your body with the chair or the floor. Take three ordinary breaths.

Rest your attention on the breath at the nose, or at the rise and fall of the chest, whichever is clearer.

When the mind wanders, name it quietly: thinking. Then return to the breath. Do this as many times as it happens. That is the sitting.

Closing: before you stand, feel both feet. Open your eyes if they were closed. Go on with your day.

Days 02 through 07, how to sit, and the ritual after day seven live in the complete 15-page PDF.

INSIDE THE WEEK

Seven days, one sitting at a time

01 **Arriving**
Find the breath and stay with it for five minutes.

02 **The body**
A simple scan from the feet to the face.

03 **Thoughts as weather**
Watch thoughts pass without chasing them.

04 **Sound**
Use whatever you can hear as the anchor.

05 **Kindness**
A short, practical kindness sit, including toward yourself.

06 **Walking**
The same practice, standing and moving.

07 **A ritual you keep**
Fold the week into one sit you can repeat.

THE OFFER

What you receive

- The complete 15-page 7-Day Beginner Practice PDF
- A one-page how-to for your first sit
- A simple daily ritual you can repeat after day seven
- Instant access after checkout, to keep

7-Day Beginner Practice

$39.99

one payment, keep the PDF

Sit two mornings. Not for you? Refund within 30 days.

Order at

stillpoint-daily.whop.site

whop.com/checkout/plan_WYzSY2MN7yTR7



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A daily sit you can keep.

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