When is the Best Time to Meditate?

**AM**
- You can choose to get up earlier
- Good start to the day
- Easier to do more

**PM**
- The day is winding down and it is easier to find time for yourself
- Could help you to sleep

**Lunch Time**
- Makes space in the middle of your day
- Easier to integrate meditation throughout the rest of your day

**AM**
- You might not be a morning person.
- You can't stay up late the night before
- People you live with need to be in tune

**PM**
- You might feel too tired and want to skip your session
- You might want to go out!

If you are work it is hard to control your time - things will come up
Finding a space to meditate