Mindful Breathing

1. Sit in a comfortable position with your feet flat on the floor. Allow your back to be straight but not stiff, gently stacked like a row of coins so you can breathe easily.

2. Closing your eyes if it feels comfortable, or cast your gaze low

3. Let’s start by taking a few deep breaths... Inhale through your nose (breathe)....and exhale on your own time.

4. Take another deep breath in, (breathe)....and exhale on your own time. Allowing your breath to flow.....in and out......

5. Just relaxing into your chair, feeling the floor beneath you supporting you... Noticing your body

6. Without changing your breathing, noticing your breath

7. Noticing where your breath is most prominent for you...

   Create a pause for time to notice

8. You may feel your breath most strongly in the belly... or the lungs... or the ribs... or the tip of your nose...

9. Noticing where the breath is most present for you. This area will be your anchor spot. Focusing your attention on your anchor spot as you notice your breath.
Create a pause time to notice

10. If your mind wanders, see if you can bring it back to your anchor spot – your belly, lungs, ribs or the tip of your nose.

11. Just noticing your breath

Create a pause for time to notice

12. Coming back to your breath each time your mind wanders

Create a pause for time to notice

13. Noticing the spaces between each breath. A pause or stillness between breaths

Create a pause for time to notice

14. As we come to the end of this exercise, take a few moments to notice your whole body. Your feet, legs, your torso, your shoulders, your arms, hands, head, and face..

15. Take another deep breath in (breathe in). And let it go

16. Congratulate yourself, however this practice was for you.

17. Noticing the room that we’re in, and the sounds in the room...

18. And turning your awareness now to the room and the sounds in the room... and completing this practice by noticing yourself in this present moment.