

Feeling Breath Mindful Practice

Sit comfortably with your head reaching towards the sky, shoulders resting downward, feet flat on the floor or in a criss cross seated position. Keep your eyes at a gaze downward or close your eyes, if you are comfortable closing them.

1. Breathe at your natural pace. Notice how your chest moves at this pace.
2. Continue breathing naturally. Notice how you feel.
3. Bring your hands to the sides of your rib cage and breathe in deeply for 3-4 seconds. Notice how your ribcage expands.
4. Breathe out slowly for 3-4 seconds. Notice how your ribcage retracts.
5. Continue for 4 - 8 cycles. Place your hands in your lap. Breathe at your natural pace and sit quietly for a moment.

How do you feel after this breathing practice?



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