



# Mindful Breathing

## MINDFULNESS EXERCISE

### MINDFUL BREATHING

*Please find a relaxed, comfortable position. You could be seated on a chair or on the floor on a cushion. Try to keep your back upright, but not too tight. Hands resting wherever they're comfortable. Tongue on the roof of your mouth or wherever it's comfortable. Notice and invite your body to relax. Let yourself relax and become curious about your body seated here—the sensations it experiences, the touch, the connection with the floor or the chair. Do your best to relax any areas of tightness or tension. Breathe.*

*Tune into the rhythm of your breath. You can feel the natural flow of breath—in, out. You don't need to do anything to your breath. Not long, not short, but natural. Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils. See if you can feel the sensations of breath, one breath at a time. When one breath ends, the next breath begins. If you are not able to notice the breath in all areas of the body, that is OK. We are more connected to certain areas of the body than others, at different times of the day.*

*Now as you do this, you might notice that your mind may start to wander. You may start thinking about other things. If this happens, it is not a problem. It's very natural. Try to notice that your mind has wandered. You can say "thinking" or "wandering" in your head softly. And then gently redirect your attention right back to the breathing.*

*Stay here for five to seven minutes. Notice your breath, in silence. From time to time, you'll get lost in thought, then return to your breath.*

*After a few minutes, once again notice your body, your whole body, seated here. Let yourself relax even more deeply and then, if it is available, please offer yourself some appreciation for doing this practice today.*

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