



Breathing

Sitting in an up-right position or laying down on your back, find a comfortable position you can sustain for a few minutes.

Step	Breathing
1	Release any unnecessary tension and gently bring your awareness to your breath.
2	You only need to observe your breath, do not change anything.
3	Observe the movements and sensations in your body with each inhalation and exhalation.
4	Let your attention travel with the air passing through your nose and throat to your lungs, feeling the expansion of the chest and belly.
5	Continue doing this for a few minutes.

What was easy and challenging about this activity?

After the exercise how relaxed are you feeling on a scale of 1-10 and why?

1 2 3 4 5 6 7 8 9 10

What perspectives have you been thinking about?
