



Conscious Breathing

Lie down on a firm surface.

Loosen any tight clothing.

Place one hand on your abdomen and one on your chest.

Take a moment to notice the way that your breath moves.

As you become more aware of your breathing, it may start to deepen on its own naturally.

Moving the hand on your abdomen up and down.

You can enhance this by consciously relaxing your abdominal muscles so the breath can move more freely and bring the breath more deeply into the abdomen.

Your lower belly gently rises and falls as the breath moves in and out.

Deepening the breath will also widen the lower ribcage allowing a full body breath.

As you get more accustomed to this way of breathing it's helpful to pause at the beginning and the end of each breath.

Holding it for a few seconds at the peak of the in breath and pausing for a few seconds at the end of the out breath.

Without forcing the breath in any way, allow it to deepen with practice.

Notice that the mind quiets as you focus your attention on the movement of the breath in the chest and the abdomen.

Deepening the breath.

And, as you are ready returning to the room around you and to the next moments of your day.