

BREATH FOCUS

Sit on a chair and slide yourself forward until your feet are on the ground and you can feel a good amount of weight through them.



Ground through your sit bones and lengthen up through your spine.



Notice how you are feeling physically, mentally and emotionally. Can you feel any tension in your body? Take a deep breath in and sigh out the exhale. Use the sigh to help you let go of any stress that you feel and relax a little deeper into the chair. Repeat a few times, as needed.



Now focus on your breathing and watch it as it moves in and out of your body. How is your breath today? Notice the quality; fast / slow, deep / shallow, laboured / soft, controlled / erratic. Tune in to its natural rhythm.



Bring one hand on to your lower belly and one hand on to your upper chest.



Take a slow, deep breath in through your nose. Notice your belly and upper body expanding. Breath out and notice how the belly contracts and draws in.



Do this for several minutes, paying attention to the rise and fall of your belly and with every inhale imagine the space you are creating inside getting bigger and more expansive and with every exhale relax and soften a little deeper into the support of the chair underneath you.



With every inhale imagine bringing in the energy of what you want to feel; grounded, light, strong, connected and with every exhale imagine letting go of whatever you don't want; heaviness, tension, stress, anxiety.



Take your time. When you are ready, stretch your arms up over your head and take a deep breath in, sigh out the exhale. Blink your eyes open and take a moment to acknowledge how you feel.