

Mindfulness of Breathing

Bringing your awareness to the physical sensations of breathing in the body

Preliminary stage:

Close your eyes and take time to notice any sounds in the room.
Feel your weight on the cushion or the chair.
Let go of any tension in your shoulders, jaw and face.
Check in with how you are feeling emotionally or energy-wise.

Stage 1:

Place a count at the end of the out-breath.
Start the count at 1 and count each out-breath until you reach 10.
If you lose your place, start at 1.
Remember that your main focus is the breath (not the count).

Stage 2:

Place the count at the beginning of the in-breath.
Start the count at 1 and count each out-breath until you reach 10.
If you lose your place, start at 1.
Remember that your main focus is the breath (not the count).

Stage 3:

Let go of the count and stay with the sensations of breathing.

Stage 4:

Take your awareness to a place where the breath enters or leaves the body.
Examples are the nostrils, the lips or the throat.
Follow the sensations of breathing at this place.