



Mindful Tradition

Mindful Breathing

JUST BREATH AND TRY SOME OF THESE.

- Begin by sitting up nice and straight with the body relaxed. (If an individual has a hard time keeping a straight spine it can be helpful to sit in a straight back chair or against the wall)

- Breath in through the nose, sending the breath to the lungs, watch the ribcage go out. Breath out through the nose and watch the ribcage move back down.

- Breath in through the nose, sending the breath down to the bottom of the belly, watch the belly expand out like a balloon. Breath out through the nose and watch the belly get smaller.

- Breath in through the nose, sending the breath into the chest, feel the shoulders move up. Breath out through the nose and feel the shoulders come down.

- Repeat two more rounds of mindful breathing in the belly, ribs, and chest, and then return to a normal breath before continuing on with your day.

