



Belly Breath

Find your MINDFUL BODY – SEATED POSE or STANDING POSE. If you can, you may even lay down.

Place a hand on your chest and the other on your belly. Imagine that your belly and your chest are a big balloon, which you will be filling up with air and emptying again with each breathing cycle. Start breathing deeply, with the intention of taking the air until your belly, not allowing it to stop at the height of your chest. Imagine that you are filling up the whole balloon...

When you inhale, first fill up your belly, then your chest... When you exhale, first empty your chest, then your belly... Use your hands to feel your body expanding as you inhale and contracting as you exhale.

Gently, put rhythm to your breathing, by mentally counting to 3 at each step of a complete cycle:

- count 3 while you inhale;
- count 3 while you keep the air in your chest and belly;
- count 3 while you exhale;
- count 3 while you keep your chest and your belly empty.

Do 5 complete breaths all on your own. Feel the effects of this breathing in your body, mind and emotions... Enjoy. When you are ready, open your eyes.



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Mindful Body – Seated Pose

The first thing that helps us when we want to be mindful is to make our body very still.

Your mindful body, therefore, is all about being still, quiet, balanced and safe. If you notice your fingers moving, just make them still. If you notice any part of your body moving, just make it still.

Think of yourself as a proud king or queen: keep your back straight and your body comfortable and quiet. Imagine a little hook on top of your head pulling it up, very gently.

You can choose to sit on the ground or in a chair. If you choose the ground, try different poses, like sitting with your legs crossed, or with one ankle in front of the other, or with one ankle on top of the other. If you prefer a chair, just make sure that your feet are flat on the ground.

Notice how you feel in this mindful seated pose. Notice how thoughts and emotions slow down. And enjoy this moment...



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