

Mindful Breath

We are always breathing. But how many times do you actually pay attention to your breath? Should we see how it feels when we focus on our breathing?

Find your MINDFUL BODY – SEATED POSE or STANDING POSE. Just breathe normally, like you always do...

Let your eyes close and start to pay attention to the air going in and out of your body... Notice how your nose, your chest and your belly feel as the air goes in and out... Where do you feel your breathing more easily?

Now, every time you inhale, say to yourself, mentally: "breathing in". As you exhale, say to yourself mentally: "breathing out". These are your anchor words, which you are going to use in your head to match your breath.

Make the words last the whole length of your breathing. Let's practice it for 1 minute: "bbreeeeaaathiiing iiiinnn", "bbreeeeaaathiiing oooooout"...

Do 5 more breaths all on your own, mentally saying your anchor words.

When you are done, notice how your body and your mind feel... And, when you are ready, let your eyes open.



OPEN MINDEDNESS

REFLECTION

RESILIENCE

B I N D U

Mindful Body – Standing Pose

Read about the MINDFUL BODY – SEATED POSE first.

Now you can learn the MINDFUL BODY - STANDING POSE, also known as Mountain yoga pose (Tadasana, in Sanskrit). Stand tall with your feet separated (shoulder width apart). Let your arms rest by your sides, with your hands facing in.

Imagine a little hook that pulls your head up to the sky while at the same time feel your feet very heavy, grounding you to the floor. Pull the muscles of your legs up and leave your knees straight but not locked. Imagine yourself as a mountain: strong and steady, but also comfortable and definitely not stiff.

Keep your chin parallel with the floor. Bring your shoulders up, back and down, relaxing them in a comfortable position. Open your chest and imagine opening your heart, too. Let the muscles in your face relax.

Notice how you feel in this Mountain pose and enjoy the steadiness of it... Consider spending a few moments in your Mountain pose everytime you stand up, to get grounded and deeply connected with your body.



OPEN MINDEDNESS

REFLECTION

RESILIENCE

B I N D U