



Breath Awareness Technique for Calm.

Read before sleep or to feel calm and present.

Find a comfortable position, either laying down or if sitting, allow the spine to be tall but without being rigid.

Allow the face to be soft. Relax the jaw. Allow there to be space between top and bottom teeth but the lips remain closed.

Soften the face on your next out breath

Place your hands on your belly and take a lovely soft, slow breath in through the nose

Now breathe out through the mouth with a soft sigh

Breathe in again, allowing the belly to rise

Breathe out slowly through the mouth

Breathe in again and take all your awareness to your eyelids

Breathe out through the nose this time and soften the eyes

Take all your awareness to your throat and breathe in slowly. Notice any movement in the throat as you breathe out.

Take all your awareness now to your upper chest. Take a breath in and maybe notice the chest rise a little at the peak of the inhale.

Breathe out and feel the chest soften

Now take all your awareness to your belly

Breathe in through the nose. Encourage the belly to rise.

Breathe out through the nose. Let the belly fall

Breathe in gently through the nose.

Breathe out through the nose.

Now take all your awareness to your legs and all the way down to your feet.

Notice the soles of your feet.

Breathe in, imagine the breath reaching all the way down to your toes

Breathe out, imagine the breath travelling all the way up through the body and out of your nose.

Breathe in all the way down to the toes.

Breathe out all the way through the body, and out through the nose.

Breathe in slowly through the nose now

Breathe out through the nose

Breathe in bring your awareness to your belly rising

Breathe out allow the belly to return to its resting position

Breathe in

Breathe out

Notice how you feel.