

**SCHOOL BREATHE**  
breathwork for a calmer classroom

## **Ocean Breath Meditation**

A lovely calming breath technique which takes 2 minutes and can help you feel more centered, calm and present.

### **Benefits**

- Calms the nervous system
- Slows the breath rate down
- Lowers blood pressure
- Quiets a busy mind

### **Breathe**

Closing your eyes if this is comfortable, relax the face, make the lips into a soft smile. mouth closed with a small space between upper and lower teeth.

Take a slow breath in through the nose.

Where in your body do you feel the most breath? The nose? The throat? The chest or the belly?

Breathe out through the nose.

Breathe in again and deepen your research. Breathe in through the nose, slowing the breath down a little now. Where does this breath make you feel most in the body? The nostrils, the back of the tongue, the heart, the stomach or somewhere else?

Breathe out through the nose and soften the shoulders.

Breathe in through the nose. See you if you can follow the breath with your mind's eye? Can you imagine it travelling, or swimming through the body?

Breathe out through the nose, soften the face and relax the shoulders.

Take a long slow breath in and gently raise the shoulders up to the ears.

Breathing out and drop the shoulders down.

Let's do this again, breathing in through the nose, raise the shoulders to the ears

Breathing out, drop the shoulders down allowing them to be loose.

Breathing in through the nose. Breathing out through the nose.

Breathing in now, and then breathe out through the mouth.

Breathe in again through the nose and then as you breathe out, breathe out through the mouth with a haaaa sound. Imagine you are 'fogging a hand mirror'.

Breathe in again and now breathe out as if you are 'fogging a hand mirror' but with the mouth closed but keeping the haaaa sound going on the exhalation.

The breath will sound like the ocean.

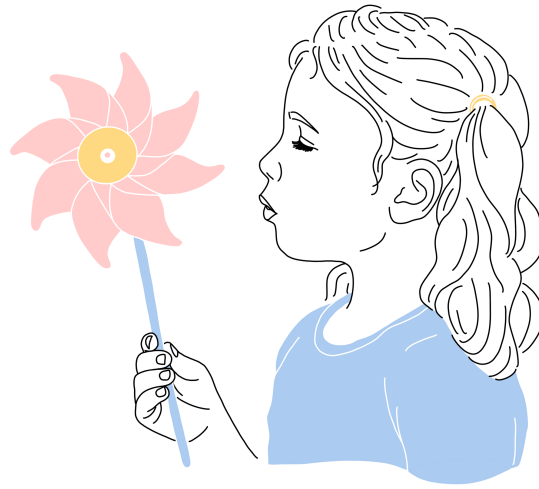
Repeat this for 5 – 10 breaths.

Breathing in again, now. Where do you feel most sensations in the body. The belly, the heart or the throat or head?

Breathing out soften the face and smile a little more. How does this make you feel?

**Quote of the week**

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*“A happy breath should ebb and flow like a calm ocean”*

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