

Week 15: The Body Breath

Benefits

- Brings you into the present moment
- Quietens the mind
- Slows down the breath rate which in turn lowers blood pressure and eases stress

Tips & Hints

Great to practise anytime of day you need to reset your focus and bring your mind back to the present moment. Practise before learning something new, or before a test or exam to help calm the mind. This is a longer breath exercise so please make sure you have the time to practice. If you haven't time to view the entire video, please follow the suggestions below.

Tweak the Technique

Shorter byte-sized versions of Body Breathe for you to practice throughout this week.

Tuesday: Take both hands onto the head and take 3 x breaths here. Relax the hands down then as you inhale through the nose, bring the shoulders up to the ears. As you exhale drop the shoulders down. Repeat these shoulder shrugs in time with the breath: Inhale shoulders to ears, exhale drop shoulders down. Repeat 5 times. See how you feel.

Wednesday: Take the hands to either side of the rib cage or hug the ribs if this feels better. Breathe in through the nose slowly. Breathe out through the nose softly. Repeat 3 times. Take hands to belly. Take 3 - 5 breaths here. Or for 2 minutes to the music below.

Thursday: Take your hands to your knees and your focus to your feet. Breathe slowly and calmly while you notice the soles of your feet. Breathe for 5-10 breaths here. Repeat.

Friday: Let's weave the weekly routine together now.

- **Hands to Head: 3 x breaths (remember 1 breath = 1 x inhale and 1 x exhale)**
- **Shoulder Shrugs: 3 x breaths here (always in and out through the nose)**
- **Rib cage: Take hands to ribcage. 3 x breaths here**
- **Knees & Toes: Take 3 x breaths here**