Chrysalis ACADEMY
unleashing potential

A SHORT BREATHING EXERCISE

1. Sit comfortably on the floor with legs crossed or straight.

2. Straighten your back as best you can and lift your heart space just slightly so that you are sitting upright and you can feel the lengthening of the back.

3. Your shoulders are dropped, your head is comfortable above your shoulders and your hands are comfortably placed on your lap.

4. Drop your jaw slightly.

5. Close the eyes.

6. Take a moment to be AWARE how you are sitting – be aware of your legs, feet, bums, back and your face.

7. Become aware of any sounds around you or the silence around and within you.
8. Notice what you are noticing.

9. Then, take your attention or awareness to how you are breathing IN THIS MOMENT.

10. Notice the in-breath and the out-breath – Notice how the body is rising and falling like the ocean.

11. Your attention is RESTING on the breath.

12. With your attention on the breath, mentally count from 1 to 20. An in-breath and one out-breath equal 1, another in-breath and out-breath equal 2.

13. So count from 1 – 20.

14. When you find that your awareness goes off to the past or the future, do not judge yourself.

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15. Simply NOTICE where your attention has gone and bring it back to the breath.

16. Once you have reached the count of 20, take your awareness to your HEART SPACE.

17. Think of one thing you are grateful for right now, and stay with that feeling for a few moments.

18. Slowly open the eyes with a smile on your face.

19. Stretch the body and slowly stand up.

20. Practice this exercise as often as you can in your room. Over time, you can increase the count to 30, 40 or 60.