

HOW TO:

Mindfulness of Breath

Powered by The Haus Of Health

1

PICK A TIME

Choose a time that works for you.

Perhaps right now, morning, maybe evening, or even your lunch break!

Pick a time where you know you can be as consistent as possible.



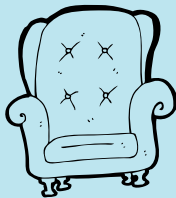
2

GET COMFY

Remember, life is noisy and 'perfect' conditions don't exist. Inside, outside, on the tram. You can be seated, lying down or even standing.

Set aside 5 to 10 minutes in your comfy position.

(A timer might help here)



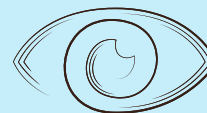
3

NOTICE THE NOW

Close your eyes or soften your gaze.

Gently shift your awareness to your breath.

Feel it passing through your nose, throat and body.

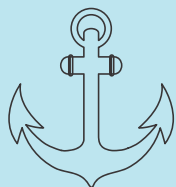


4

FLOW WITH YOUR BREATH

Notice the subtle rise and fall of the belly with each inhale and each exhale.

Allow this to be your anchor for now. Visualise riding the waves of each breath.



5

YOU WILL GET DISTRACTED

Your mind will wander and that's perfectly normal. Notice the distraction and then gently bring your attention back to your breath. **Repeat step 4.**

