

I invite everyone to kind of get settled in the next.

Couple of minutes.

Find a relaxing spot whether you're sitting or you know whether you even want to be laying down, and I'll invite you to close your eyes if you want, but this is most definitely a practice that can be done with your eyes open.

Or it's every you want to present it to is something that's very dynamic. I mean, you could do it while you're driving. But yeah, for now I invite you just to get comfortable bringing your awareness to your body.

I invite you to notice how you're sitting and just the rhythm of your breath. Maybe if we can just bring some awareness to what's.

Coming in and going out and just that natural rhythm.

So as I said, this is a three breath practice.

And for our first.

Breath I want.

Invite everyone to.

Take a nice deep breath in.

And we can all do that on your own time.

And just notice where that breath goes.

Does it fill your entire chest up?

Um.

Are you thinking about it? Maybe you're not thinking about it, which is fine, but just noticing.

When you take that nice deep in breath.

Where is it going? Are you holding it? Are you letting it go?

Whatever you notice in yourself.

So I invite everyone to maybe notice one or two breaths of that just on your own natural rhythm.

And then as we move into kind of thinking about the second breath in this exercise.

I invite you to maybe bring some awareness to any stress or worries you might having, and the purpose of this breath is to really take that deep inhale in.

And I invite you to hold it 345.

And then let it out as you let the tension kind of release, whether that's in your body or whether that's of your mind.

And I'll give you some more opportunities to take the second breath.

Into practice.

That inhale and holding the breath for a couple seconds and then being able to just let go that of any tension or worry or stress.

And then, for our third breath, the purpose of this one.

Is to take that nice inhale like we've been doing with the past breaths.

And imagining that you are just sending that oxygen rich blood to every of your body, all the way out to your fingertips.

To the nerves in your back.

Down through your spine and into your toes.

And just imagining that you are sending that blood with every good intention that you have.

Especially after we've gotten all of the tension out of our second breath.

So I'll invite you to practice that breath once or twice on your own, in your natural rhythm.

And as we kind of adjust ourselves and adjust ourselves and prepare to come back into the world from this awareness of our breath and our body and our mind, I'll invite you to soften your gaze, open your eyes.

And just come back whenever you're ready.

You might want to take another breath, or you might be ready to open your eyes and come back.

And I'll just give everyone the opportunity to do that whenever they are ready.