



BREATHING WORKS EXERCISE TWO MINUTE CALM DOWN, BLISS OUT

Preparation

This quick series of exercises only takes about 2 minutes:

- 1) Perform a full body stretch
- 2) Locate a quiet place and sit comfortably
- 3) Plant your feet firmly on the floor
- 4) Either cup your hands on your lap, or place them, palm down, on your knees
- 5) Make sure that your bottom is snug against the back of the chair. Relax your stomach and loosen your shoulders

Exercises

The following exercises will help relax tensed muscles which will help you to focus on your breathing:

- One chin tuck - hold for five seconds and release.
- Drop the jaw for three seconds then release and close your mouth softly.
- Stretch your fingers. Separate your fingers and stretch hard, especially the thumb. Do the left hand then the right.

Breathing

- Focus on the quiet breath, in and out through the nose. Feel the waist expand gently, breathing in and flowing into the out breath phase (no holding at peak of inhalation). Notice the small relaxed pause at the end of the exhale (no holding - just letting go).

Quiet Mind

- To still your busy brain, concentrate on silently placing numbers on the relaxed pause phase. This can be done with the eyes closed or with the eyes open while focusing on a particular object, then softening the eyes (stop hard focusing). Do not try to stop thoughts; simply dominate centre stage with the rhythmic flow of numbers. Start the numbering at 1 and move up to 10 then back down to 1.
- When you come back to 1, stretch, smile and enjoy the calm.