

3-6 Breathing – Relaxation Technique

1. Notice the pace, depth and movement of the breath as you take three inhalations and exhalations (three breaths). Notice if the breath is deep, shallow, smooth, or rough and how it feels moving in and out of the body. What is your experience:

2. Deepening: Notice by focusing that you can make the breath deeper, smoother and slower. Take three breaths again, being careful not to hold your breath at any time. When you get to the edge of a full inhalations, begin to exhale without straining the body at any time. Bring the breath deep into the belly on the inhalation and release the breath completely on the exhalation, letting the body rest for a beat at the end of the exhalation before inhalation again. At the end of the third exhalation, reflect on what it feels like to deepen, slow and smooth out the breath.

3. Sipping: Imagine that there is a straw in your mouth and you are inhaling through that straw very slowly and smoothly. Notice that you can bring the breath deep into your belly. At the edge of inhalation, begin to exhale through the nose. Do not hold or force the breath. Do this three time and then reflect on what this was like:

4. Counting: Now count to three as you inhale and then count to six on the exhalation. Counting with your fingers so that the exhalation is twice as long as the inhalation. You will have to practice this rhythm until it is comfortable for you and easy to demonstrate. Stay focused on the slow full rhythm of inhalation and exhalation, do this five time and then reflect on what it feels like:
