



Explore your breath

- Breathing plays a central role in yoga and meditation
- Every breath is new and unique
- Channel your breath into your belly
- It may help to reduce anxiety

Prepare

- Tidy space around you
- Yoga may help settle and relax your mind and body
- Try to breathe through your nose
- Put hands on belly and feel it move with the breath

What do you notice?

1



- Bring your hands onto your upper chest
- Feel the rise and fall
- Take 2 breaths here

2



- Rest your hands on your lower rib cage
- Feel it expand and relax
- Breathe in and out for 5 breaths

3



Repeat



- Place your hands on your lower belly
- Breathe in and out
- Notice any movement
- Explore this for 5 breaths

For help with your meditation and yoga, write to:

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