

## Take Home Practice: Mindfulness Breathing

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### WHAT IS MINDFULNESS?

Mindfulness is paying attention on purpose, in the present moment and without judgement.

- 1 Find a comfortable position in your chair, with your feet flat on the floor, your back straight but not stiff, your shoulders relaxed, your facial muscles relaxed, and your hands resting comfortably in your lap.
- 2 Now take a deep breath through your nose, and let the breath come out through your mouth so that you can hear it like a soft sigh. Try to make the out-breath slow and long. Do this two or three more times.
- 3 Now let your breath move into and out of your nostrils soundlessly, and just pay attention to the in-breath and the out-breath. There's only one thing to do right now: feel the breath move; notice the sensations of breathing.
- 4 Pay attention to the in-breath and out-breath for a few minutes.

