Mindfulness Practice

Breathing

This is a 5 or 10 minute mindfulness practice.

Sit, with your back straight in a chair, feet firmly on the floor and hands in lap.

Take a few deep breaths in and out with your eyes open in soft focus - watching your chest rise & fall.

After a few breaths shut your eyes and focus on the sounds around you for a minute or two.

Then focus your mind solely on identifying different parts of the body from head to toe like a body massage or 'body scan'.

When you notice your mind begin to wander, focus back on the breath counting 10 in breaths and 10 out breaths.

Once this is done allow your mind to think freely for a minute or two.

Finally, by the end of the bell ringing - open your eyes and take a moment to enjoy the feelings of having done some practice.