

Breath Awareness

1. Sitting in an up-right position or laying down on your back, find a comfortable position you can sustain for a few minutes.
2. Release any unnecessary tension and gently bring your awareness to your breath.
3. You only need to observe your breath, do not change anything.
4. Observe the movements and sensations in your body with each inhalation and exhalation.
5. Let your attention travel with the air passing through your nose and throat to your lungs, feeling the expansion of the chest and belly.
6. Continue doing this for a few minutes.

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