

Breathing meditation

Therapist version

Preparation

Self-responsible "arrival" of the participants:

If you are still stuck in your daily routine, please quietly do the [5-4-3-2-1 exercise](#) for yourself to fully arrive here.

Description

This exercise is performed in a sitting position.

Find a comfortable, upright seating position.

Feel the points of connection to your chair.

Feel your feet firmly on the ground.

Take your time to settle into your seat.

Relax all muscles that you do not need to sit upright (shoulders, your face, etc.).

Close your eyes or set your gaze to be in front of you.

Thus prepared, now turn your concentration inward and bring your attention to the breath.

Breathe in deeply and out again. Observe the breath without influencing it.

Feel how the breath flows through your nose into your lungs, and how your chest rises and falls. Breathe deeply into your belly, and feel it rise and fall.

Some breaths may be shallow, others deep. Remain in non-judgmental observation.

Notice each breath from beginning to end.

Repeat in your mind "in" when you inhale and "out" when you exhale.

Whenever you notice that your mind is somewhere else, kindly but firmly bring your attention back to the breath.

Whatever else is perceptible may be there.

You don't need to do anything with it at all, pure observation.... (5 min.)

Now finish the exercise by slowly deepening your breath and moving your body again. Notice your surroundings and give yourself a smile :)