

Centering Practice

“I am here, I have arrived”

Sit in a relaxed, comfortable position. Feel free to close your eyes or lower your gaze. Just notice your breath — your inhale and exhale, and maybe where you feel your breath most prominently.

If you'd like, notice any physical sensations—maybe there's a tingling or a tension, or any other physical sensation you may notice. And then notice any emotions you may be feeling—there may be multiple emotions at once. Simply notice. Maybe name what you find. Just be aware of ... whatever you find.

And if you'd like, on your inhale, say to yourself, “I am here,” and on your exhale, “I have arrived.” Repeating those phrases to yourself two or three more times, as you bring yourself into this space physically, emotionally and mentally ... whatever that may be for you right now.

And then whenever you feel ready, take two or three more breaths at your own pace, and then bring your attention back into the room.



Breathing Practice

Sit in a position that allows you to feel alert, yet also comfortable. Start by sitting up and opening up your shoulders and chest. This makes it easier to breathe deeply.

You can keep your eyes open and look down about 3 or 4 feet in front of you. Or you can allow your gaze to be soft, maybe focusing on something in the room, such as something on the floor a few feet in front of you.



Our first step is noticing our breath. If it's comfortable, breathe through your nose. This allows more air to come into the body. If this doesn't feel comfortable today or you are congested, please breathe through the mouth.

Breathe in and out at your own pace. Notice your breath. Notice breathing in and out.

Pause 10 seconds.

With your next breath, see if you can take a deep breath that expands your chest and belly. Try taking a few deep belly breaths.

Pause 15 seconds.

Next, count how many seconds you breathe in for; do this two or three times.

Pause 10 seconds.

Now when you exhale, add two seconds to your out breath. Make your breath out a little longer than your breath in.

Pause 10 seconds.

Breathe in, and count. Then breathe out and count with two more seconds.

Pause 10 seconds.

Your mind may wander to other things - remember this is the nature of the mind. If it does, notice this, and gently bring it back to breathing and counting.

Pause 10 seconds.

Breathe in and count, then breathe out, count two more seconds.

Pause 10 seconds.

Take 2 or 3 more breaths, counting in and counting out.

Pause 10 seconds.

Before moving out of your position, reflect on how present you feel after doing the exercise. What did you notice during the practice?