

Abdominal Breathing Practice



Anchoring with feet on the floor and chair/ surface for grounded support



Whole breath awareness- movement of the body with the breath



Hands on chest and abdomen, sensing into them individually and their relationship



Remove hand that is moving the least and place back on the lap. Sit with an awareness of how it feels to sense the hand moving the most on the body



Remove that hand and feel what it's like to have an awareness of the body breathing now. Note any differences from when you started the practice.