

## A2. Mindfulness of Breath and Body Exercise

I invite you to sit in a comfortable yet upright position in your chair, with your feet flat on the floor, arms and legs uncrossed, and hands resting in your lap. [Pause.] Let your eyes gently close, or fix them on a point in front of you. [Pause five seconds.]

Begin by gently bringing your attention to noticing your body. Start by directing your attention to your feet [pause]; notice the parts of your feet that are in contact with the ground. [Pause five seconds.] Notice the sensation of your shoes or socks on your feet. [Pause five seconds.] Then, bring your attention to noticing the sensation of sitting in the chair. [Pause.] See if you can notice the sense of your weight on the chair. [Pause five seconds.] Maybe notice parts of your body that are in contact with the chair [pause], and the parts of your body that don't contact the chair. [Pause five seconds.] If you drift off into your thoughts, simply acknowledge where your mind went and bring it back to noticing the sensation of sitting in the chair. [Pause five seconds.]

From time to time, you may notice that your attention has wandered off as you get caught up in your thoughts or other kinds of sensations. This is quite normal; it happens to everyone, and it may happen repeatedly. Each time you notice your mind wandering, take a split second to notice where it took you and gently bring your awareness back to noticing your body and the sense of your weight on the chair. [Pause five seconds.]

Next, direct your awareness to your breath. [Pause five seconds.] See if you can notice the sensation of breathing in [pause] and out [pause five seconds], allowing your stomach to expand, and your chest to gently rise and fall. [Pause five seconds.] Become aware of your breath flowing in and out and of your body. Simply notice the natural flow of the breath, without changing or modifying it in any way. [Pause five seconds.]

Take a few slow, deep breaths. Notice the sensation of air filling your lungs as you breathe in and then deflating as you breathe out. [Pause five seconds.] You may notice the sensation of cool air around your nostrils as you inhale [pause], and the warm air as you exhale. [Pause five seconds.]

As you do this exercise, the feelings and sensations in your body may change. You may notice pleasant feelings or sensations, such as relaxation, calmness, or peacefulness. [Pause.] You may notice unpleasant feelings, such as boredom, frustration, or anxiety. [Pause.] Whatever feelings, urges, or sensations arise, whether pleasant or unpleasant, gently acknowledge their presence and let them be. Allow them to come and go, and keep your attention on your breath and the sensation of sitting in the chair. [Pause five seconds.]

Lastly, bring your attention back to noticing your breathing. [Pause five to ten seconds.] Notice again the steady rhythm of your breath that is with you all the time. [Pause five to ten seconds.] When you are ready, bring your attention back to the room. Open your eyes if they are closed. Notice what you can see [pause], and notice what you can hear. [Pause.] Push your feet into the ground and stretch and notice yourself stretching. Welcome back.