



A Wellness Education Program

Conducted by a Certified Yoga & Meditation Teacher

MEDITATION WITH BREATH

We can help control the mind by controlling the breath. Use simple belly breathing to control moods, develop concentration and help bring about a greater ease in your life.

- Sit up comfortably and let the eyes close.
- Take some breaths through the nose, gently closing the mouth.
- Begin to breathe with the intention of breathing from your belly.
- Notice your belly breathing as it naturally rises on the inhales and falls on the exhales.
- Do not force the breath. Let the breath naturally become slower and deeper.
- Stay tuned to the inner presence of breath, rising on the inhale and falling on the exhale.
- Stay with belly breathing for several minutes. Inhale the belly rises, exhale the belly falls.
- Let the mind & body settle deeper into a relaxed calm space.
- When you are ready, open your eyes and take a few moments before you go back to activity.

