

Anchor Breathing

1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: belly, chest or just under your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.



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- Notice when your mind has wandered away from your anchor (belly, chest, or nose) and bring your mind back to that point of concentration. It is not bad or wrong for your mind to wander. Mindfulness is not about determining whether what you are thinking is right or wrong. In this practice, we are simply noticing that the mind has wandered or that the mind is filled with thoughts, and then gently guiding it back to where we want or need it to be.

Belly Breathing

1. Rest your hands on your belly.
2. As you breathe in, feel the belly expand outward.
3. As you breathe out, feel the belly move inward toward the spine.
4. Repeat until you hear the chime.
5. Notice how you feel.

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- This can take some practice to master. Learners need to relax the abdomen in order to feel the belly expand out on the inhale.