



CENTER (belly) BREATH: Helping us to B-Calm

- Sit up tall, stand, or lay on your back keeping your spine long and straight.
- Place your hands on your belly. (If you are laying on the floor, you can also place something on your belly such as a stuffed animal, bean bag, small weight, book, etc., just to add a little resistance to help you 'feel' the movement of your belly as you breathe.)



- As you breathe in through your nose, the center of your body fills with air. If you are laying on your back, your belly will rise towards the ceiling. If you are seated or standing, your belly expands like a balloon.

- As you exhale through your nose, feel the center of your body pull together. If you are laying down on your back, your belly sinks into the ground. If you are standing or sitting, your belly pulls in towards your spine. It's like a balloon deflating.

You may wish to add an affirmation to your breath.

As you INHALE, say to yourself, "I am."

As you EXHALE, say an affirmative word to yourself such as, "calm, safe, happy, confident"

Try counting your inhales for a full minute.

How many times did you inhale? Can you slow it down a bit next time by breathing deeper and longer?

This breath helps us to relax our body and calm a chatty mind.