



**DR. KRISTEN RACE**  
BALANCE YOUR BRAIN TO BALANCE YOUR LIFE

## **Mindful Breathing**

*Welcome to the mindful breathing practice.*

*Begin by taking a mindful body that feels comfortable to you. If seated in a chair make sure both feet are flat on the floor. Rest your hands in your lap, and sit up tall, let your shoulder relax down your spine.*

*Take a moment to adjust your position.*

*Gently close your eyes and settle into your body..*

*Now, in your own way, take a few moments to relax your body.*

*Take a deep breath or two, filling the lungs and belly completely, then letting it all go...And as you breathe out, notice that natural feeling of relaxing and releasing a little more with each exhalation..*

*Now let your breathing return to its natural rhythm, no need to change your breathing in any way, simply notice inhalation and exhalation.*

*As you bring your awareness to your breath, notice what sensations there are as you breathe in...and as you breathe out...feel the air touch your nostrils...feel the slight movement of your chest and tummy...*

*Notice where in your body you feel your breath the most today. This may be in your nostrils, neck, chest or belly.*

*Let your attention rest on the physical sensations of your breathing.*

*Now simply continue to keep your awareness on your breath on each inhalation and each exhalation. If you notice your attention wandering or becoming distracted. Simply notice that your mind has wandered and return your awareness back to the next breath.*

*Note where your mind is now. Are you planning? Worrying? Telling a story in your mind? Simply notice where your mind is, and bring your awareness back to your next breath,*

*and to this breath.*

*Continue to be mindful of your breathing for the next few minutes. And when you are ready, open your eyes and bring this mindful attention with you throughout your day.*