



## Coherent Breath

**Benefits include:** relaxation, being present in the moment, focusing the mind.

**Suggested time:** 5 minutes

### **Method:**

Sit comfortably. You might like to place a hand on the heart. Ensure the back is straight, but relaxed and your feet flat on the floor. Spend a few moments following your natural breath as it flows in and out. Is it smooth or ragged? Fast or slow? In the chest or in the belly? Don't try to change anything. Just be curious about your breath.

When you are ready, breathe in gently for a count of 5 and breathe out gently for a count of 5. Keep breathing in this way. If the mind wanders, bring it back to the rhythm.

Breathe in for 5. Breathe out for 5

*If this is too challenging, breathe in for a count of 3 or 4. The equal ratio is what brings the magic.*

The breathing should be smooth and rhythmic and it should flow between the in and out breath.

When you are finished, tune into how you are now feeling compared to when you started the exercise.

*“Breathing is the greatest pleasure in life”*  
Giovanni Papini

