

# Here in this body, now in this moment

**Sit comfortably with a straight back and let your belly relax.**

**Let your eyes close and smile.**

**Noticing your belly rising when you breathe in.**

**And noticing it falling when you breathe out.**

**Are you still noticing your breathing or have you forgotten about it?**

**If you forgot that, it's okay. Just bring all of your noticing back to your breathing now.**

**Just resting.**

**And just noticing, breathing.**

**Let's notice our breathing and remind ourselves that our body is always at home in this moment.**

**Every time you breathe and silently say to yourself, here in this body.**

**Every time you breathe out, silently sigh now and this moment.**

**Breathing in, 'here in this body'.**

**Breathing out, 'now in this moment'.**

**Breathing in, 'here in this body'.**

**Breathing out, 'now in this moment'.**

**And now as you breathe in, just silently saying the word here.**

**Now as you breathe out, silently say now.**

**Breathing in, 'here'.**

**Breathing out, 'now'.**

**Breathing in, 'here'.**

**Breathing out, 'now'.**

**And now you can stop repeating the words all together.**

**And every time you breathe in, you can just feel that you are here.**

**And every time you breathe out, knowing that the time is now.**

**Simply breathing in and breathing out.**

**Remember to bring your attention back to your breathing every time your mind wanders.**

**Good work. Now we sound the bell.**

**Smiling, breathing. And listening to the bell.**