

Straight-back Soft-belly

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

Let your eyes close and smile (cue softening eyes and choosing a spot on the floor as an alternative for those uncomfortable with eyes closed).

(Sound the bell.)

In this practice we are going to simply notice our breathing... just noticing each in breath and each out breath.

If you like you can place your hands on your belly and feel your belly filling like a balloon as you breathe in and feel it emptying as you breathe out.

Breathing in, feeling the belly fill like a balloon.

Breathing out, feeling it empty again.

Just feeling the breathing moving in and out.

Breathing in, feeling the belly rising.

Breathing out, feeling it falling.

Now you may notice that every now and then you start to think about other things and that you forget to notice your breathing. When this happens, you can silently say the word “wandering”, because your attention has wandered off somewhere else. And then just come back to noticing your breathing.

Breathing in, feeling the belly fill like a balloon.

Breathing out, feeling it empty again.

Remember to notice when you are thinking about something else and you have forgotten about your breathing and bring all of your noticing back to your breathing.

Just feeling the breathing moving in and out.

Breathing in, feeling the belly rising.

Breathing out, feeling it falling.

Good work! Now we sound the bell... smiling... breathing and listening to the bell.