

**Mindful Moments  
Breath Practices**

<p>Breathing in, I know I am breathing in          Breathing out, I know I am breathing out          Breathing in, I know I am breathing deeply          Breathing out, I know I am breathing slowly          Breathing in, I calm my body          Breathing out, I feel ease          Breathing in, I smile          Breathing out, I release</p>	<p>In, Out          Deep, Slow          Calm, Ease          Smile, Release</p>
<p>Breathing in I feel my inner goodness          Breathing out, I open my heart          Breathing in, I see my true self          Breathing out, I let go of defenses          Breathing in, I savor my joy          Breathing out, I let go of clinging</p>	<p>Inner Goodness, Open Heart          True Self, No Defenses          Savor Joy, No Clinging</p>
<p>Breathing in, I feel my strong back          Breathing out, I feel my soft front          Breathing in, I grown my spine          Breathing out, I relax my spine</p>	<p>Strong Back, Soft Front          Grow Spine, Relax Spine</p>
<p><i>Calming Breath</i>          Breathe in for the count of 4          Breathe out for the count of 8-10</p>	<p><i>Energizing Breath</i>          Breathe for the count of 8-10          Breathe out for the count of 4</p>
<p><i>Square Box Breathing</i>          Breath in for the count of 6          Hold for the count of 6          Breathe out for the count of 6          Hold for the count of 6</p>	<p><b><i>Feeling Breath Meditation</i></b>          Noticing the sensation of my breath in my body          Cool air coming into my nostrils          Warm air leaving my nostrils          Breathing in my chest rises          Breathing out my chest falls          Breathing in my stomach expands          Breathing out my stomach deflates</p>