

Breath Poems

<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 see my true self Breathing out, I let go of defenses Breathing in I feel my inner goodness Breathing out, I open my heart Breathing in, I feel joy Breathing out, I let go of clinging</p>	<p>True Self, Defenses Inner Goodness, Open Heart Feel Joy, 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 chest</p>	<p>Strong Back, Soft Front Grow Spine, Relax chest</p>
<p>Breathing in, I am aware of my body and its imperfections Breathing out, I accept my body and its imperfections</p>	<p>Aware of imperfections Accept imperfections</p>
<p>Breathe in goodness Breathe out difficulties Breathe in calm Breathe out tension Breathe in ease Breathe out tightness</p>	<p>In - Goodness Out - Difficulties In - Calm Out – Tension In – Ease Out - Tighness</p>