

Beginners Series

Welcome to the second practice in our **Beginners Series**.

This short mindful practice is great if you are new to the practice of Mindfulness as it concentrates on the posture and only takes a few moments. You can do this practice sitting, kneeling or laying down. Each variation in position will teach you something new about your body and how it responds to being mindful.



Remember, don't force your body to stay in a position where you do not feel comfortable.

Welcome to week two!

We hope you have had a great week. Do you feel like you are becoming more in control of your posture? Did you notice any differences between the time of day, week or month you practiced?

This week we are going to begin to breathe.

The breath runs through the foundations of mindfulness but so many of us forget our breath, the life that runs within us all.

When we become upset it is quite normal for our breathing to become rapid and shallow and for our thoughts to scatter. It is part of our evolutionary design and activates our fight or flight response. Learning to calm the breath in reactive situations will allow the mind to calm naturally and bring clarity to the situation. Mindfulness is often described as a whole life practice and those who live mindfully learn to know the signs that they are reacting mindlessly to a situation before it becomes unmanageable.

“Breathing in, I calm my body and mind. Breathing out I smile.” – Thich Nhat Hanh.

This short breathing technique is really good to help you learn to fully observe your breath and the sensations that arise whilst you are in observation. It should only take about a few minutes. Begin by reading through the routine to familiarize yourself, or work with a partner.

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Being Mindful Yorkshire take no responsibility for injury caused during these practices and they should not be used in place of medical advice. Always consult your GP or Mental Health Practitioner.

- Set your posture (seated, kneeling or laying down) and if you wish, close your eyes.
- Observe your breath as it is now.
- Begin to slow the breath gradually but don't over inhale, gulp or puff the air back out.
- Simply inhale and exhale
- If you feel it would help, adopt a counting method for each inhalation and exhalation. i.e. inhale – count 1, count 2, count 3, count 4 then exhale – count 1, count 2, count 3, count 4.
- Don't worry at this stage if your inhalations and exhalations are of different length. The main point of this exercise is observation.
- Continue your inhalations and exhalations for at least ten rounds of breath.
- When you are ready, bring your attention back to the room and if you had your eyes closed, open them.
- Note any sensations that the breath brought to you.
- If you are keeping a journal, makes some notes on your experience.

Next week we will open our ears and do some listening.

I hope you will enjoy practicing this basic breathing exercise. We love to hear about your personal experiences, so if you would like to share or have a question, please get in touch by leaving a comment on the blog or via social media.

Have a wonderful, mindful week everyone.

~X~