

# 1 Minute of Mindfulness

## Beginners Breath

Sit comfortably and breathe naturally.

When your attention wanders, focus back on your breath.

Notice any thoughts and let them pass.

Notice a complete breath.

From the inhale, to the pause that follows, the exhale and the pause before taking another breath.

Notice the slight break between each breath.

Now as you inhale, count silently...one.

As you exhale, count...one.

Exhale... one.

Inhale... one.

Exhale... one.

Continue to count each inhalation and exhalations as "one" (pause).

Notice how your body feels. See how calm and gentle your breathing is and how relaxed your body feels. Keeping your eyes closed, notice the sounds around you. Feel the floor beneath your feet. Feel your clothes against your body