



Global Round Table Leadership Resources

Healthy Breath Practice

Design by Lori Hanau

Duration: 5 minutes, or as desired

Format: Individuals or groups of any size in any setting may engage in this practice while seated or standing together.

Purpose: To ground participants in their bodies via breathing a healthy breath. To promote awareness and relaxation.

Materials: Comfortable setting.

Facilitation: Sit comfortably, paying attention to your posture, having their spine relaxed, but aligned. Notice the feel of your feet on the floor, not pressing, but resting on the floor, in good connection with the floor. Spine relaxed, not rigid but in alignment with your lap (sitting) or legs (standing), and neck and head. Roll back the shoulders slightly, opening up the chest area. Your eyes can be softly gazing out at a point in the space that feels relaxing and easy or can be closed. Breath in and out through the nose. Tongue is only lightly touching the roof of the mouth or soft palate. As you breathe, feel your breath fill your lungs and move down to your belly easily, naturally - no pushing or efforting. Notice how your belly expands out as you breathe in. Again, no pushing or driving the breath. No need to strive. Just allow your body to breathe you. Notice how subtle this activity is. As you take your next breath in, bring your attention to your breath moving up your spine, gently and easily from the bottom of the sacrum up all the way to the head. And feel your spine being washed by your breath as you breath out and your breath moves down your spine. On your next in-breath, notice the breath moving up the spine and washing the brain. There is never any forcing to the breath. This is a

healthy, refreshing breath. If it is helpful, you can place a hand on your belly to feel the breath expand and contract.

Say to yourself as you are breathing your last few intentional breaths, “I am safe and I am nourished”.