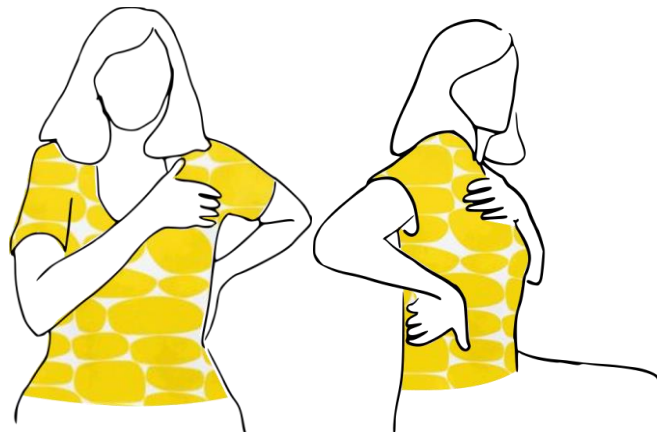


Simple breathing practice



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How to do it:

- Put your **right hand on the upper left ribs**, Your **left hand on the lower left ribs** on the same side
- If you like, **close your eyelids**. This supports the ability to sense what is going on in inside your body.
- **Breathe** with the intention of the **upper and lower ribs expanding in synchronicity** as you as you breathe in and out - fully in a relaxed way (no pushing at the end of the breath). So you feel the upper and lower ribs move outwards on the in-breath.
- Take 5-6 breaths on each side.
- Before switching sides, take a moment to feel how the left side feels now and if it is different from the right side of the torso.
(Is it lighter/heavier, more relaxed/tense, more spacious/tight, tingly/calm?)
- After completion of the other side, take another 30-60 seconds to sense how your body feels. Enjoy!

This practice supports...

- Breathing without effort
- Calmness
- Quieting the mind
- Connecting all breathing cavities
- Natural alignment of the spine
- Strengthening your interoception

What it does for me:

(Jot down how you feel and sense your body after this practice. This personal and spontaneous feedback can be an indicator when and for what purpose you might want to integrate it into your daily life.)