

16 Second Breath Awareness/Meditation



- Start by sitting in a chair and slide all the way into the back of the seat.
- Draw your shoulder blades gently back but do not puff your chest out.
- Allow your body weight to sink into your sit bones. The sit bones are quite literally the bones under the flesh of the butt that you sit on.
- Relax into the support of your spinal column.
- Allow your hands to rest softly on your thighs palms up .
- This breathing meditation can also be done while you are standing.

16 Second Breathing Meditation

- Keep your eyes open or you can close your eyes.
- Breathe in slowly through your nose for the count of 4 seconds.
- Hold the breath for 4 seconds.
- Exhale slowly through your nose for 4 seconds.
- Hold for 4 seconds.
- Continue with your normal breathing.

Notice....Did anything change within? Notice your breath, is it different? Does your body feel different? Is there a change to your thoughts? Change in your emotions? Notice what you have gotten from only 16 seconds. Enjoy!!

(*****Do NOT do this while you are driving a vehicle or operating heavy machinery since it may be unsafe. Always take precautions.*****)