

THE ONE MINUTE BREATH

In the spirit of *Mindfulness*, this exercise is designed to help when there is a need to feel more *centered* during times of increasing stress. It is gentle and relatively easy to do.

1. Get into a comfortable position with respect to your body and posture. You may want to close your eyes but this is not required.
2. Bring your awareness to your breath for 1 minute.
It is a life force – an anchor. Just be aware of it. Don't try to control it.
2. If you notice your mind wandering to...
distracting thoughts or images,
uncomfortable body sensations,
anything at all...

Make note of this attention as an event of the mind, be aware of it, don't judge or criticize it.

Calmly take yourself back to the breath... In and out...