

Mindful Breathing

Equal Counts Breath Meditation

Instructions

Guided by the content as described online, read the following instructions to lead this meditative breathing exercise. Here's a suggested script you can follow:

- Once you are seated comfortably, take these next few seconds to relax.
- Loosen up your shoulders and feel the tension release from your body.
- Remember to keep your spine straight.
- Now, take a deep breath in and count.
- Continue to breathe in until you feel your breath fill up your belly.
- Don't force your breath - inhale for as long as is comfortable for you, whether that's two seconds or six.
- Now, hold your breath for the same amount of time as your inhale.
- Take this time to check in with your body. Is there any tension you can let go of?
- Focus on the counts.
- If your mind wanders, feel free to count quietly to yourself.
- When you're ready, exhale for the same amount of time again.
- Feel your breath traveling out through your mouth. Let go of anything that you no longer wish to hold on to.
- Finally, hold this exhale for the same few seconds before breathing in and repeating this process.
- Repeat this equal breathing a few more moments, really feeling your body relax.
- If you find it difficult to hold your breath or are forcing it, try a shorter time. The length of time does not matter, only that it is equal throughout.
- Practice for a few more rounds at your own pace.
- When complete, bring awareness to your fingers and toes, then when you're ready you can open your eyes.
- This may be a good time to invite your group to participate in some group reflection or solo time.

Source

This activity was inspired by the [Equal Breathing](#) technique from Yoga 15 and the explanation of [Sama Vritti](#) by Ekhart Yoga.