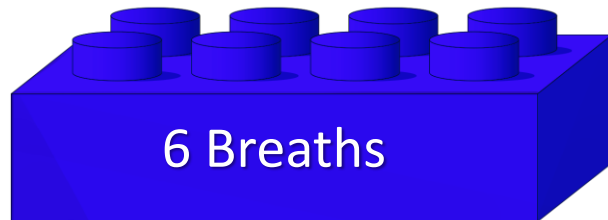


# Practice #1: Six Breaths

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- Inhale smoothly for a count of 7
- Exhale gently & smoothly for a count of 11
- ...or as close as feels comfortable
- Repeat for six breaths
- Don't push yourself!
- Target breathing rate is about 5 per minute
- ...but don't become goal obsessed (!): the key is that the exhale is longer than the inhale (ideally 2:1)

# Practcie #`2: 'Seat & Feet'

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- 'Drop your attention' to your feet
- Simply notice any sensations in the toes or feet – hot , cold, tingling – just notice
- Feel the feet in contact with the ground
- Now bring your attention to your 'seat'
- Notice where your behind is in contact with the chair
- Be aware of your clothing in contact with your thighs and legs
- Notice how gravity is rooting you to the chair
- Let go!
- Don't visualise – notice!