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Basics One - Breathwork

Breath is the basis of every meditation, and it serves as an anchor to come back to when your mind starts to get away from you. In this meditation, we will focus on counting each breath as it comes.

1. Begin in a seated position
2. Take a deep breath in, and on the exhale close your eyes
3. With eyes closed, allow yourself to focus in on your breath
4. As you inhale begin to count at one
5. On your exhale count to two
6. Continue to count each inhale and exhale up to ten, and then start again at one

Notes:

- **If you find yourself counting past ten, the moment you realize, bring yourself back to your breath, and back to count one.**
- **If thoughts, feelings or distractions begin to take over, remember that your breath is your anchor, you can always come back to your body and your breath.**

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The body scan is a meditation and mindfulness tool that you can use at any time during the day. Body scanning is a wonderful technique to use to check in with yourself, and relax muscles or places of tension.

1. Begin in a seated position

2. Take a deep breath in, and on the exhale close your eyes

3. Begin your scan at the crown of your head, focusing all of your attention and energy on this space.

4. Slowly begin to scan down the body, focusing energy and attention on each small muscle, bone and fiber as you go.

Notes:

- **If you find yourself distracted, bring yourself back to your breath using the counting technique.**
- **As you scan down through each body part, allow yourself to relax each muscle as you go.**
- **By the end of the body scan, your body should feel more relaxed and loose than when you started.**

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Basics Three - Box Breathing

The box breathing technique builds off of the counting technique we learned in basics one. Box breathing is a great technique to use when you are feeling anxious or out of control, as it allows you to control your breath and heartrate.

1. Begin in a seated position
2. Take a deep breath in, and on the exhale close your eyes
3. With eyes closed, allow yourself to focus in on your breath
4. Begin with the counting technique you learned in basics one
5. Once you feel that your heartrate has slowed, begin box breathing
6. Inhale for four counts
7. Hold for four counts
8. Exhale for four counts
9. Hold for four counts

Notes:

- **Box breathing can feel uncomfortable at first. If you notice that four counts is too much or too little, allow yourself some flexibility by simply keeping your counts the same for inhales, exhales and holds. (Example: Switching to counts of three)**

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