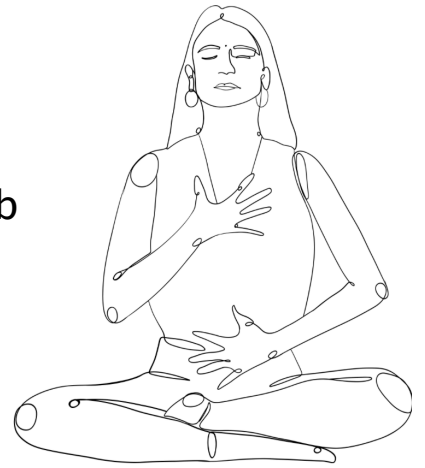


Deep Conscious Breath

- Sit or lie comfortably
- Place one hand on your belly and the other on your chest
- Inhale slowly through your nose, feeling your belly rise, your rib cage expand, and the chest lift slightly
- Exhale slowly through the nose, releasing the breath from the chest first, feeling the rib cage contract, and the belly fall
- Repeat 3 times



This full, conscious breath pattern oxygenates the body and calms the mind by requiring focused attention to the breath

Where Attention Goes, Energy Flows

- Find a comfortable seat
- Take a deep breath in and out to reset the body and mind
- Set your eyes on the palm of your left hand
- Take a deep breath in and out to focus your attention on your palm
- Inhale and move your gaze and attention to your pinky finger
- Exhale and move your gaze and attention to your ring finger
- Inhale, move your focus of attention to your middle finger
- Exhale now send your attention to your index finger
- Inhale, move your attention to your thumb
- Exhale, as you move your gaze and attention moves back to your palm
- Repeat 3 times
- With each cycle, pay attention to where your breath guides your attention

Consciously directing your attention is a practice of mindfulness.