

1 - MINUTE

Soft Belly Breathing Meditation

TO REDUCE STRESS

You can do this to start your day, end your day or anytime in between.
This meditation will help shift your mindset and become grounded.

1

Put your hand on your belly and allow your abdomen to relax.

2

Close your eyes or soften your focus and look at the floor a few feet in front of you.

3

Inhale through your nose and exhale through your mouth. As you breath through your nose, think soft.

4

Breathe deeply into your abdomen and feel it expand as you count to 5.

5

Pause for a count of 1.

6

Exhale slowly to a count of 5, allowing your body to relax and release tension. Let your shoulders drop. As you exhale through your mouth, think belly.

7

Repeat for 5 breaths or until you feel relaxed. Thoughts will come and go, and that's ok! We all have thoughts. Brush them away when you can.



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