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**UC Center for Integrative Health and Wellness**

www.med.uc.edu/integrative

**Three-Minute Breathing Space**

*Find a comfortable position, with your head, neck and spine aligned and comfortable, and, if you wish, close your eyes, or allow your gaze to shift slightly downward.*

*And let’s begin by simply starting to notice what is here for us, right now. So maybe just ask yourself “what is my experience right now.” Notice any thoughts … notice any emotions you have … or any sensations in your body. Not trying to change anything here, not trying to get anywhere, just notice and take inventory. You may even tell yourself, “whatever my experience is…it is already here … just let me feel it.”*

\***Allow some silence for them to notice what is present—spending about one minute total on this part\***

*And now, let me invite you to gather your attention and notice your breath. Focus all of your attention on your breathing. Notice the air going in and out of the nostrils in your nose. Notice your abdomen moving up and down as you breathe. Just take a moment to FEEL the breath... …And as your mind wanders off, gently bring your attention back to your breathing as best you can. Use the breath as an anchor to center yourself in the present moment….*

**\*Again, allow for some silence- spending one minute here\***

*And now, expand your attention to be aware of your entire body…So, perhaps as you breathe in….visualize the air filling your entire body….move from your head, down to your chest….to your abdomen…. all the way down to your toes. …Sense your entire presence and being in this moment….*

**\*Allow for silence and spend one minute here\***

*And when you are ready, slowly and gently bring your awareness back to the room, back to present…and at your own pace, open your eyes slowly. And as you slowly come back into the room….notice* ***what*** *you are feeling…..and notice how you are…..alert…awake….calm….relaxed….whatever you are feeling, that is what is happening right now….for you.*