



Let's begin by taking a moment to allow your body to settle.

Find a comfortable position that allows your spine to be long but with a natural curve in the low back.

You can close your eyes or keep them open with a soft gaze downward with your feet in front of you.

Let the belly and shoulders relax (5 seconds).

Today I'll guide you through a one complete cycle of breath practice.

Before we start, take a full breath in (2 seconds)  
and a long breath out (5 seconds).

Now allow the breath to find its natural rhythm, in and out (2 seconds).

I'll share the instructions and when the time is right you can apply them to bring your full attention to one complete cycle of breath (2 seconds).

First, notice when the inhale begins, how it continues, and when it ends (2 seconds).

Then, notice when the exhale begins, how it continues, when it ends, and whether there is a brief pause before the inhale begins again (5 seconds).

On the next inhale and exhale, use your full attention like this, to follow one complete cycle of breath, completing this practice (5 seconds)

\*ding\* (20 seconds).

**Integrated Practice:** Write for 2 full minutes on each prompt below. Once you've finished, take a minute to reread what you wrote and reflect.

**Journaling Prompts:**

1. What I noticed from this week's practice was ...
2. Things that will help me stay focused on my practice next week are ...