


Breathing plays a central role in yoga and meditation. Every breath is new and unique.


What do you notice?

**1**




Place your hands on your lower belly. Breathe in and out. Notice any movement. Explore this for 5 breaths.

**2**




Rest your hands on your lower rib cage, feel it expand and relax. Breathe in and out for 5 breaths.

**3**



Bring your hands onto your upper chest. Feel the rise and fall. Take 5 breaths here.

**4**



Notice each movement from belly to upper chest as you breathe in and out for 5 more breaths.

## Cautions

- Don't do this if you feel unwell, have a respiratory condition, or blocked nose.
- Stop and rest if you feel dizzy, short of breath or unwell at any time.
- Don't overdo it. Try once a day for 5 to 10 minutes.

## Tips

- Try to breathe in and out through your nose, if possible.
- Take some rest breaths between each step.
- Breathe slowly, gradually filling and emptying your lungs.
- You can try this exercise lying down too.