



Mind the Gap Exercise

Breathing Space

This exercise is quick and easy to perform. It lasts three minutes.

Minute 1.

Spend one minute noticing how you are right now. Do a quick scan of your body. How is it? Are you holding any tension anywhere? If so, let it go.

Minute 2.

Spend the next minute noticing your breathing. Where is the breath starting from? Maybe count “1” on the in breath and “2” on the out breath. Or, say “rise” on the in breath and “fall” on the outbreath. Just notice your breathing.

Minute 3.

Expand the awareness of the breath. Notice how what happens in various parts of the body as the breath moves in and out. Each time you breath out, let go a little more.