

3 minute breathing and visualisation exercise.

You can do this wherever you are, walking to work, on the train, waiting for the bus...

Keep your eyes open and try to blink as little as possible.

Inhale slowly for 5 seconds, from the belly all the way up to the collar bones, breathing in the fresh oxygen.

Hold the breath for 10 seconds, let the pressure build.

Exhale slowly for 5 seconds, make it a complete exhale to expel the carbon dioxide.

Keep going in this same steady pattern, inhaling and exhaling for 5 seconds, holding the breath for 10 seconds. Focus on the flow of the breath, hear it, feel it, mentally see it.

Many relaxation and meditation techniques promise to restrict the flow of thoughts, but we need thoughts to relate to what's going on in the world.

You cannot stop thoughts from coming but you can adjust your mental focus so your thoughts do not dominate your attention.

This simple exercise shifts your focus to the breath while at the same time increasing the flow of oxygen that supports our cells, tissues and organs.

This breath pattern also builds energy and calms the mind.

Do it any time of day, you can do it more than once a day and for more than three minutes. Try it several times and I'm sure you will notice a positive change.

If you feel comfortable to slow the breath even further, start to inhale and exhale for 10 seconds, holding it in for 15 seconds. But don't force it, stay wherever you are comfortable.

If you would like to receive another short exercise, [email me](#).

To find out how we help organisations support their staff wellbeing to improve performance, have a look at [our website](#) and get in touch on

0787 966 6921 nick@nickyogameditation.co.uk



meditation, yoga, wellbeing
NICK STOLERMAN