**Chest and Tummy Breathing Practice**

Let’s see if we can bring our attention to our breathing.

Place one hand on your tummy and one on your chest.

Bring your attention to how the movement of your breathing feels. What is happening underneath your hands?

Can you feel your tummy and chest moving up and down?

Always remember ‘your breath is boss’ just breathe normally, not doing anything special with your breath.

When your mind wanders off like a puppy, because that’s what minds do, then bring your attention back with kind, patient and firm repetition.

Explore your breath. Where do you feel it the most?

Maybe focussing on the in and the out breath. Perhaps feeling the flow of the in breath and the out breath… and the moment when it turns from an in breath to and out breath and from an out breath to an in breath.

Remember we are just being curious about the breath. Just noticing it without trying to change it in any way.

Breathing in….. and breathing out.

**Enquiry:**

How did that feel? What did you notice? What was your experience during the practice?

**Notes:**

The mind is like a ‘puppy’. It needs training because it wanders around finding things it wasn’t asked to when asked to sit still. Our minds are like a puppy, takes time to learn how to be still and calm.

You are training your brain by noticing, paying attention and remembering to bring your ‘puppy’ mind back to your breath.

The breath is an anchor which helps us stabilise the wandering mind and we use it to continually bring us back to concentration which allows the mind to settle.