



an introduction to  
breathwork and  
mindfulness meditation.



*Take the first step towards a more fulfilled and joyful life - one breath at a time.*

*Discover the transformative power of breathwork and mindfulness meditation.*

Inside you'll find breathwork and mindfulness meditation ideas to help you get started with your own practice, as well as words of inspiration to support you on your journey of self discovery and personal growth.

All you'll need is a few minutes each day where you make some time and space for YOU. No prior experience is necessary for the practices described, I'll explain and gently guide you through.

*Katrina*

*If a practice makes you feel too uncomfortable or provokes big feelings that you struggle to manage you should stop and try something else. With meditation though - it's important to know that you will probably feel uncomfortable when you are starting to practise - this usually settles over time!*

*While this resource is designed to help you on your road to wellness - it is not intended to replace professional support or mental health treatment. If you have any concerns around your health and wellbeing, it's important that you seek appropriate support.*

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# Breathwork

More and more people are turning to breathwork as a way to improve their wellbeing. Breathwork is simply a variety of breathing techniques and exercises that can be used to improve your physical, mental, emotional, or spiritual health. While more complex practices exist, many easy, quick exercises can be worked into your daily wellness routine.



*'Being aware of your breath forces you into the present moment - the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present. You may also notice that you cannot think and be aware of your breathing.  
Conscious breathing stops your mind.'  
Eckhart Tolle*

## Benefits of Breathwork & Mindfulness Meditation

1. Reduces stress and anxiety.
2. Improves sleep.
3. Improves mood and self-esteem.
4. Increases energy and boosts immunity.
5. Increases focus and creativity.

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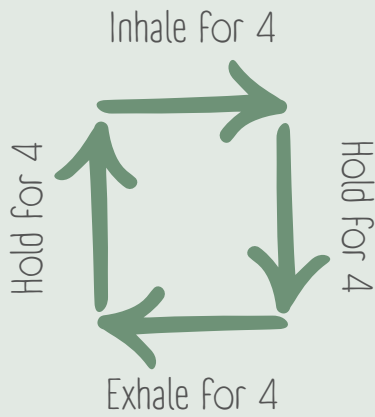


## mindful breathing

The most basic way to do mindful breathing is to focus your attention on your breath, the inhale and exhale. Connecting to your breath - to simply sit and notice the breath is one of the oldest mindful meditation practices there is. Settle in and stay with your breath for a few moments, you will recognise that awareness is always here. Your breath will find a natural rhythm and you can simply notice things as they come and go.

*When you own your breath, nobody can steal your peace.*

## box breathing



Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.

## 4-7-8 breathing

The 4-7-8 breathing technique is a style of intentional breathwork that can calm your mind and body.

It has ancient roots in the yogic practice of pranayama, or focusing on the breath.

Inhale through your nose for four counts.

Hold your breath for seven counts.

Exhale through your mouth for eight counts.



## deep breathing

*Most people take short, shallow breaths into their chest. With this technique, you'll learn how to take bigger breaths, all the way into your belly. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.*

- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose.
- Place one hand on your belly. Place the other hand on your chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.



# mindfulness meditation

Most of the time our mind is either stuck on something that has happened in our past or worrying about something that might happen in our future. Practising mindfulness allows us to be fully present and engaged in the moment without judging anything – helping us to manage our thoughts and feelings. In Mindfulness Meditation we practice focusing our minds on a particular object, thought or activity, to be with our present moment experience.

*Mindfulness Meditation is a practice, so it's never perfect. You are ready to begin now just as you are! Just a few minutes every day can make a difference – begin with a short 5 minute session and increase your sessions by 10 or 15 minutes until you are comfortable meditating for 30 minutes at a time.*

## 1 FIND A CALM, SAFE SPACE

Where you can fully relax and focus without distractions. You might want to use a timer – start with a few minutes and build up your practice as you go.

## 2 GET IN POSITION

Whether it's sitting on the floor or a chair, or lying down, find a neutral pose where you can relax. You might choose to use some soothing music for your meditation, or not – it's entirely up to you!

## 3 FOCUS ON YOUR BREATHING

Close your eyes and take a few deep breaths, allowing your body to relax and your mind to settle. Feel the rhythm of your breath as it comes, without altering it.

## 4 GROUND YOUR THOUGHTS

If distracting thoughts come into your head, acknowledge them, then let them go. Remain calm, and use your breathing as an anchor. Imagine your thoughts as clouds passing by...

*Try not to worry if your mind is busy (this doesn't mean that you're 'bad at meditation or that you're not doing it right'), the goal isn't to stop your thoughts but to get more comfortable becoming a "witness" to them. When thoughts come up in your mind, don't ignore or suppress them, instead acknowledge them with compassion and without judgement, then let them go – try to come back to your breathing (remember this takes practise!!).*

# Body Scan meditation.

Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.



# Loving-kindness meditation

This meditation teaches you how to be unconditionally kind to yourself and to others.

Either sitting or lying down, take note of being present in your body and your environment, breathe – settle in.

Turn your focus to your heart, feel or imagine it beating with gratitude and warmth.

Repeat this mantra at least three times, out loud or in your mind; May I be safe, May I be happy, May I be healthy, May I live in peace, May my heart be filled with love and kindness.

Now think of someone you love and repeat the mantra; May you be safe, May you be happy, May you be healthy, May you live in peace, May your heart be filled with love and kindness.

Now send your loving kindness into the world, repeat the mantra; May we be safe, May we be happy, May we be healthy, May we live in peace, May our hearts be filled with love and kindness.



## Sitting meditation.

Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap.

Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

## How to incorporate a breathwork or mindfulness meditation practice into your daily routine.

Here are some tips to help you easily begin a breathwork or meditation practice and start feeling the benefits:

- Schedule a time(s): Plan one or more specific times a day when you want to do your breathing exercises or meditate. This will help you establish a commitment.
- Start small: Begin your practice with the easiest techniques and breathe for only 2 to 5 minutes per session. You can increase the length of your sessions as you progress.
- Set a reminder: It's easy to forget to do new things, so set a timer in your phone to help you remember.
- Take a break: If you're struggling to get through the exercises or are losing motivation, get up and take a break, come back and finish when you're ready.
- Change it up: Try a variety of exercises and find what works best for you. Follow along with some guided practice online or join a breathwork or meditation class – or even a Women's Circle!

# About the author.

Hi I'm Katrina!

At Gather Wellbeing, I empower YOU to prioritise and nurture your own emotional health and wellbeing so that you can shift from surviving to thriving and create a life that you love!

I'm a Transformative Coach specialising in mindset and emotional wellbeing, I'm also a Meditation and Mindfulness practitioner and facilitator of Women's Circles

With over 20 years experience, I'm passionate about supporting wellbeing and facilitate in person and online workshops, programmes and events as well as producing self-guided workbooks, journals and courses to support you on your wellness journey.



*If you enjoyed this guided workbook, please do visit the website for more!*



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