

# Mindful Breathing: Safe Practice Guide

## Posture

- Sit upright in a chair or on a meditation cushion.
- Keep the spine long but not rigid.
- Rest your hands comfortably and allow the shoulders to soften.

## Breathing

- Breathe slowly and mindfully.
- Keep the belly soft so the breath can move naturally with the diaphragm.
- Avoid chest or upper-chest breathing.
- Let the breath flow without strain.
- Do not hold the breath for these practices.

## Safety

- Stop the practice if you feel dizzy, light-headed, or unwell.
- These practices are not suitable for everyone.
- If you have long-term conditions such as high or low blood pressure, glaucoma, respiratory disease, or asthma, consult a healthcare professional before practicing.