### *Session 6*

***Three Step Breathing Space***

Become aware of the present moment by adopting an upright and dignified posture. Close your eyes if you wish and if it’s convenient.

[2 breaths]

Ask yourself……

1. what am I experiencing right now?
2. what are my thoughts?
3. what feelings am I experiencing?
4. how does my body feel?

[2 breaths]

Acknowledge and notice your current experiences, whether they are wanted or not.

[3 breaths]

Having acknowledged what your experience is right here and right now, you have stepped out of automatic pilot

Now…..we can take our awareness and gently direct our focus to the breathing,

1. The movements of the abdomen
2. the flow of the breath, as it comes in, and as it goes out.
3. Spending just a little while giving our attention to our breath.
4. Using our breath as an anchor to become fully present here and now.

[5 breaths]

And now we can now expand our field of awareness. So as well as being aware of the breath we include a sense of the body as a whole, holding what we find in a gentle, more spacious awareness.

[3 breaths]