

## INTEGRATIVE HEALTH & WELLNESS SOLUTIONS

### BREATH, MINDFULNESS, & MEDITATION

## PRACTICE

### BREATH

Deep Belly Breathing: *Sit or lie down in a quiet space where you feel at ease. Place one hand on your chest and the other on your belly. Take a slow, deep breath in through your nose, feeling your belly rise as you fill your lungs. Breathe out through your mouth, allowing your belly to fall. Continue this cycle for 5-10 breaths, letting each exhale carry away tension.*

### MINDFULNESS

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.” ~Mindful.org

One of the most basic ways to practice mindfulness is through connection with our senses.

1. *Begin by sitting or lying down in a comfortable position. Allow your body to soften and relax.*
2. *Bring your attention to your breath...gently inhale and exhale.*
3. *Softly gaze at a point in front of you or close your eyes entirely.*
4. *Tune into the sounds around you. No judgment—just notice.*
5. *Listen for softer, more soothing sounds. Notice the smallest of details about the sounds you hear.*
6. *Take a moment to express gratitude for the sense of hearing.*
7. *When you feel ready, gently open your eyes and re-engage with your surroundings.*

## THIS WEEK...

In our busy lives, finding calm can be a challenge! Today, let's dive into some basic techniques of breath, mindfulness, and meditation that can help you center yourself. Whether you're a beginner or an advanced practitioner, dedicating just 5-10 minutes a day to these techniques can significantly improve your overall health. Use these techniques during stressful times for a quick reset. ~Nicole Hutchison, PT, CSCS, Holistic Health & Integrative Nutrition Coach



### MEDITATION

This guided meditation is an introduction to mindfulness of breathing. It is a great practice for both beginners and advanced practitioners helping you to anchor your attention in the natural flow of each breath.

*Take a comfortable seat, body upright. Eyes closed... or a soft gaze, low towards the earth.*

*Seal your lips and breathe in and out through your nose.  
Choose a gentle, easy, and steady breath.*

*Take your time with each breath in, and spend at least as much time with each breath out.*

*Find a breath that reflects all the qualities of calm, patience, spaciousness and ease that we'd like to see in the mind.*

*The intention for this meditation is the noticing of breath.  
So we commit, right here right now, to holding the mind's attention on breath.  
And we hold not with a tightness or a grasping, but with spaciousness.*

*As if 25% of awareness is on breath.  
25% of awareness on whether or not we're still watching breath.  
And the remaining 50% of our efforts, relaxed. Open.*

*We stay with this gentle, easy breath, noticing the breath in whatever way it chooses to speak to us.*

*The sound of our breath moving in and out through the nose.  
Perhaps there's a temperature to the breath.  
A cool breath in, a warm breath out.  
Open to noticing a smell or a taste to the breath.*

*How does breath feel as it moves in and out through the nose?  
How does breath move and feel in our body?*

*Notice the movement of inhale expansion, exhale letting go.  
Notice the lift of the chest with breath in,  
the release of the shoulders, belly, thighs with breath out.*

*A sense of upward lifting, lightness with breath in.  
A sense of grounding, rooting to earth with breath out*

*Continue to allow the breath to draw your attention inward in whatever way it does.  
Breathe as the most intriguing thing you've ever seen.  
Curious about breath, its movement, its energy.*

*Whatever arises, keep returning to intention, to the noticing of breath.  
Again and again, allow breath to draw you in.*

*And all the while you remain, still open, still spacious, still free.*

### CONTACT US

3375 Lake Ridge Drive  
Dubuque, Iowa 52003

Phone (563) 207-8932  
Fax ((563) 207-8935  
Alternate Fax

[www.stateraintegrated.com](http://www.stateraintegrated.com)

