

10-minute Box Breathing meditation script

1. Introduction (1 minute):

- Find a comfortable seated position with your back straight and shoulders relaxed.
- Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth.

2. Focus on Breath (1 minute):

- Begin to bring your attention to your breath.
- Notice the natural rhythm of your breathing without trying to change it.

3. Start Box Breathing (1 minute):

- Inhale slowly through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Hold your breath again for a count of 4.

4. Continue the Cycle (3 minutes):

- Repeat the Box Breathing cycle: Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts.
- Maintain a steady, calm pace, focusing on each phase of the breath.

5. Deepening Relaxation (2 minutes):

- As you continue, deepen your breaths slightly if it feels comfortable.
- Imagine each breath is like a gentle wave, bringing calmness and relaxation.

6. Body Awareness (1 minute):

- Pay attention to any sensations in your body, noticing any areas of tension.

- Use your breath to help release tension. With each exhale, imagine releasing stress or tightness.

7. Gradual Transition (1 minute):

- Slowly begin to let go of the structured Box Breathing.
- Return to natural breathing and notice the sense of calm and relaxation in your body.

8. Closing (1 minute):

- Gently open your eyes if they were closed.
- Take a moment to notice how you feel compared to when you started.
- When you're ready, slowly rise and continue with your day, carrying the calmness with you.