

## **10-minute breathing meditation script**

### **1. Find a Comfortable Position:**

- Sit or lie down in a comfortable position with your back straight.
- Place your hands on your lap or by your sides.

### **2. Settle In:**

- Close your eyes if you're comfortable doing so.
- Take a moment to notice how your body feels in the present moment.

### **3. Focus on Your Breath:**

- Begin by taking a deep breath in through your nose, counting to four.
- Hold your breath for a count of two.
- Exhale slowly through your mouth, counting to six.
- Pause briefly before taking the next breath.

### **4. Establish a Rhythm:**

- Continue breathing deeply and slowly, following the pattern: inhale for four, hold for two, exhale for six, pause.

### **5. Release Tension:**

- As you breathe in, imagine drawing in calm and relaxation.
- As you exhale, visualize releasing tension and stress from your body.

### **6. Bring Your Attention to Your Breath:**

- If your mind starts to wander, gently bring your focus back to your breath.
- Notice the sensation of air entering and leaving your body.

### **7. Use Visualization:**

- Imagine each breath as a gentle wave washing over you, soothing and calming.

- Picture stress or tension being carried away with each exhale.

#### **8. Check In With Your Body:**

- Scan your body for any areas of tension.
- As you breathe, consciously relax those areas, letting go of any tightness.

#### **9. Embrace the Present Moment:**

- Focus on the sensation of the breath as it flows in and out.
- Allow yourself to fully experience the present moment, letting go of any distractions.

#### **10. Conclude Gently:**

- After 10 minutes, slowly bring your awareness back to your surroundings.
- Open your eyes if they were closed.
- Take a moment to notice how you feel before getting up.