**Mindfulness of Breath**

Choose a comfortable sitting position which is reasonably upright if possible.

Remember that in meditation we are paying attention, on purpose, in a particular kind of way and trying to fall awake rather than fall asleep. We are endeavouring to adopt an attitude of open acceptance and to be as non-judgemental as possible. Do try and remember that this really is a special time, just for you.

Start to notice your breathing – it’s not something that we would ordinarily be aware of unless someone draws it to our attention. Where is the sensation of breathing most noticeable for you? It might be around your nostrils and your mouth, where cool air enters, and warm air leaves you. It might be in your chest or perhaps lower down in your abdomen where you may notice a gentle feeling of expansion of your abdomen, as you breathe in and contraction, as you breathe out.

Once you have identified where you are most aware of your breathing just allow your attention to be there…. noticing every in, and out-breath…. not trying to change the depth or pace of your breathing in any way, just noticing it happening in whatever way it happens.

It will of course be quite natural for your attention to wander away as you are doing this, and you may find yourself being aware of something completely different. Just acknowledge and label this altered awareness as, ‘whatever it is’, accepting that this is also part of your mindful awareness, and then gently lead yourself back to your breathing. It doesn’t matter if your awareness wanders away, once, twice, or a thousand times, just lead it gently back to your awareness of breathing…

Like to invite you when ready and in own time to open your eyes and bring attention back to the room. Take a moment to stretch.