

Breathing control

Sit with your back supported and feet firmly on the floor.

Ensure your arms are supported and your shoulders are relaxed.

Start by becoming aware of your breathing...

- *Do you breathe in through your nose or your mouth?*
- *Which is longer, your in or out breath, or are they equal?*
- *Is the air getting all the way down or is your breathing shallow?*
- *How fast is your breathing?*
- *Does your breathing feel comfortable and relaxed?*

Begin to focus on your out breath, it should be longer than the in breath (1.5 – 2x longer). Find a comfortable rhythm for you.

Your breathing should be slow and gentle.

When breathing out, imagine a candle held out in front of you. Try to make the flame flicker by blowing softly through pursed lips.

Then allow the air back in (through your nose if this feels comfortable but if not don't worry).

**“Smell the roses,
Flicker the candle”**