



Module 5

Breathing Exercise





This simple breathing exercise is designed to help you align with your body, enhance your presence, and improve your focus.

It's particularly beneficial in preparing for situations that require calm and presence, such as supporting a partner during childbirth.

Goal:

- ▶▶ Perform this exercise for five minutes every day until the baby is born. The practice aims to ground you in your body, helping manage stress and increase your presence during critical moments.

Benefits:

- ▶▶ Regular engagement in this breathing practice can significantly enhance your ability to remain calm and collected in stressful situations, improve your overall mental clarity, and support emotional stability.

Breathing Exercise for Enhanced Well-being and Presence

1. Find a Comfortable Position:

- Sit comfortably where you won't be disturbed.

2. Focus on Your Breathing:

- Begin by taking a deep breath in, filling your abdomen and not just your chest.
- Count slowly to 10 as you inhale through your nose.
- Exhale through your mouth, counting slowly to 10 again as you do so.

3. Pay Attention to Physical Sensations:

- As you breathe deeply, notice the sensation in your abdomen and even in your groin-males might feel a slight bulge as they inhale deeply.

Breathing Exercise for Enhanced Well-being and Presence

4. Set a Timer:

- Continue this pattern of breathing for 5 minutes. Use a timer to keep track without having to look at a clock.

5. Maintain the Rhythm:

- On each inhale, mentally count (1, 2, 3, ... up to 10). Reset your count with each exhale.
- Ensure your breaths are deep and measured to maintain a consistent rhythm.

6. Monitor Your Thoughts:

- If your mind wanders or you find yourself distracted by thoughts, simply acknowledge the distraction and gently return your focus to your breathing and the count.