

FAST GROUNDING EXERCISE

PLEASE SIT UP STRAIGHT AND CLOSE YOUR EYES

Bring your attention/awareness to the space on the right side of your body.

Bring your awareness/attention to the space on the left side of your body.

Bring your awareness/attention to the space on both sides of your body at the same time.

Bring your awareness/attention to the space in front of your body.

Bring your awareness/attention to the space behind your body.

Bring your awareness/attention to the space in both places at the same time. Rest here.

SQUARE BREATH/THE MAGIC CUBE/SPHERE

Sit up straight and close your eyes.

Breathe in through the nose for 2, hold for 2, blow out through the mouth for 2, hold out for 2 x 3times.

It helps some people to trace a line up the abdomen, across, down, across with a finger as if drawing a square.

After 3 repetitions imagine that the square has become a cube which is filling your whole abdomen/torso under the ribs.

Now see the cube becoming a sphere.

Now see the sphere as full of bright blue sky.

Now see the sky full of clean, pure, fresh healthy air.

Now bring your focus to the centre of the sphere/ the centre of your abdomen.

Now imagine your nose has dropped down to the centre of the sphere and that you are breathing from here.

Practice breathing from this space. Practice breathing in this clean, pure, fresh and healthy air. Keep your focus on this internal breath. This energetic breath is contained within this space and is virus free.

When you get distracted just **drop down** to the centre of the sphere and breath from there.

Keep dropping down.

You can use the phrase , Breathing in , Breathing out to keep you focused if you wish. Start with 1 minute building up with practice but as discussed in class you can do this any time, anywhere to help create a feeling of spaciousness and calmness and to help support your immune system.