

8 Breath Meditation

No matter how busy your life is, no matter where you are, you can find one minute to do this 8 Breath meditation. It's particularly helpful for those who sit at a desk all day, to do this hourly. These 8 breaths bring you to your body, bring you to the present.

Begin with the intention to put aside all your preoccupations for the next minute and just relax. You will take 8 deep breaths.

- 1st exhale: relax your face, forehead, eyes, scalp and jaw. Smile slightly if you'd like.
- 2nd exhale: relax your neck, shoulders, and arms.
- 3rd exhale: relax your entire back.
- 4th exhale: relax your chest and belly, keep your belly soft.
- 5th exhale: relax your lower extremities (thighs, legs and feet.)
- 6th, 7th and 8th exhale: pay attention to your body globally. Feel your entire body.

BRO

An option that can be done any time throughout the day uses just one single breath to relax and be mindful:

BRO: Breathe, **R**elax, and **O**pen.

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