

Seated Breathing Set

021207

Relax comfortably in your chair and prepare yourself for the breathing set
Hands folded in lap palms up, head level, shoulders relaxed.

Area of focus (Calm the mind, stay alert), [No arm movement]

Take a deep slow breathe in the nose, expand the abdominal area, hold briefly,

Exhale slowly through the mouth

Repeat 2 more times,

Area of focus (Torso relaxation), [Short length arm movements]

Slowly raise the right arm up in front of body in a half circle shape, palm facing in,

Gently draw the palm in towards the body and inhale through the nose, expand the abdominal area, try to sustain the inhalation for the duration of the inward hand movement,

Stop the inhalation and hold the breathe (store the breathe), rotate the palm to a forward position and start a slow exhalation through the mouth, relax the abdominal area till the palm reaches the starting position. Do not lock the joints in the fingers, wrist, elbow or shoulder.

Try to sustain the inhalation for the duration of the forward hand movement.

Slowly lower the right hand to the right thigh; sense the warmth from the hand on the thigh muscle. Relax the arm briefly and sense the feeling of the light fatigue subside.

Slowly raise the left arm up in front of body in a half circle shape, palm facing in,

Gently draw the palm in towards the body and inhale through the nose, expand the abdominal area, try to sustain the inhalation for the duration of the inward hand movement,

Stop the inhalation and hold the breathe (store the breathe), rotate the palm to a forward position and start a slow exhalation through the mouth, relax the abdominal area till the palm reaches the starting position. Do not lock the joints in the fingers, wrist, elbow or shoulder.

Try to sustain the inhalation for the duration of the forward hand movement.

Slowly lower the left hand to the left thigh, sense the warmth from the hand on the thigh muscle. Relax the arm briefly and sense the feeling of the light fatigue subside.

Slowly raise both arms up in front of body in a full circle shape, palms facing in,

Gently draw the palms in towards the body and inhale through the nose, expand the abdominal area, try to sustain the inhalation for the duration of the inward hand movements,

Stop the inhalation and hold the breathe (store the breathe), rotate the palms to a forward position and start a slow exhalation through the mouth, relax the abdominal area till the palms reach the starting position. Do not lock the joints in the fingers, wrist, elbow or shoulder.

Try to sustain the exhalation for the duration of the forward hand movements.

Slowly part both hands and lower to the sides fingers pointed down,

Relax the arms briefly and sense the feeling of the light fatigue subside.

Area of focus (Legs and feet relaxation), [Medium length arm movements]

Slowly raise the right arm up in front, wrist relaxed, palm facing down and no other joints tensed, raise to shoulder height, elbow slightly lower than shoulder and wrist, start a nasal inhalation as the arm begins to rise. Hold the breath as the palm lifts and faces forward, slowly lower the arm to the start position by the right side, try to sustain the inhalation for the duration of the upward and downward hand movement.

Relax the arm briefly and sense the feeling of the light fatigue subside.

Slowly raise the left arm up in front, wrist relaxed, palm facing down and no other joints tensed, raise to shoulder height, elbow slightly lower than shoulder and wrist, start a nasal inhalation as the arm begins to rise. Hold the breath as the palm lifts and faces forward, slowly lower the arm to the start position by the left side, try to sustain the inhalation for the duration of the upward and downward hand movement.

Relax the arm briefly and sense the feeling of the light fatigue subside.

Slowly raise the both arms up in front, wrists relaxed, palms facing down and no other joints tensed, raise to shoulder height, elbows slightly lower than shoulders and wrists, start a nasal inhalation as the arms begin to rise. Hold the breath as the palms lift and face forward, slowly lower the arms to the start position by the left sides, try to sustain the inhalation for the duration of the upward and downward hand movements.

Relax the arms briefly and sense the feeling of the light fatigue subside.

Area of focus (Total body awareness of relaxation), [Longest arm extensions]

As the arms lift overhead imagine a bright light (possibly a color will associate with the light) enveloping the whole body and closing off the process when the hands meet, as the hands lower bring the light into the body that you have prepared with the previous areas of focus.

Slowly raise both arms out and up to the sides and overhead till palms face down one hand on the other. Start the nasal inhalation as the arms start to lift and try to sustain the inhalation till the hands meet at the top position. (This will also allow the chest to expand to its fullest). Expand the abdominal area slowly with the inhalation.

Slowly lower the hands in a method that resembles a leaf floating gently to the ground, exhaling through the mouth for the duration of the descent, Turn the palms inward and place the hands on the abdominal area and inhale slowly, expanding this area into the hands, concentrate on this center of the body (Tan Tien). Hold briefly and start a slow exhalation through the nose, pressing lightly with the hands against the abdomen. The light pressing avoids abdominal tension.

Repeat 2 more times. When complete turn hands back to a palm up position in your lap.

Area of focus (Mind alertness, a body invigorated by deep breaths, and completed with a sense of total stillness)

Hands folded in lap palms up, sense an profound stillness settle into the entire self, slowly empty the lungs of air and sit for 30 seconds in this state. If a breath is required draw ever so lightly through the nose and out the nose but let the mind imagine that the breath is being drawn into the body through every pore of your skin.

Area of focus (Emergence and awareness of mind and body)

Open the eyes, take a deep breath in the nose and release the air out the mouth, look around the room and let the eyes take in the colors, shapes, textures, etc. Repeat a deep breath 2 more times. If you were very invested in following this exercise reacquaint all the senses to the present. Make a self-assessment of mind and body and stand up and move on.

Seated Breathing Set (Condensed)

1. Seated 3 Breathes (No hand movements)
2.

Raise right arm	draw in	(inhale/nose)
	push out	(exhale/mouth) lower right arm
Raise left arm	draw in	(inhale/nose)
	push out	(exhale/mouth)
Raise right arm	draw both back	(inhale/nose)
	push both out	(exhale/mouth) arms to sides
3.

Raise right arm	lift up	(inhale/nose) lower right arm
Raise left arm	lift up	(exhale/mouth) lower left arm
Raise both arms	lift up	(inhale/nose)
Lower both arms	lower	(exhale/mouth)
4.

Raise both arms overhead		(inhale/nose)
Lower both arms like falling leaf		(exhale/mouth)
Hands on abdomen		(inhale/nose)
		(exhale/mouth)
Repeat 2 more times		
5. Palms up in lap/nasal breathing (sit 30 seconds)
6. Palms up in lap/open eyes 3 breaths (inhale/nose)
(exhale/mouth)