

Virtual Vitality Practices

These practices are invitations to participate. Always listen to your body and mind and do what makes you comfortable.

+2 Breathing

In this practice, you breathe out a little longer than you breathe in. So, you take a deep breath in through your nose and then breathe out a little longer through your mouth. For example, inhale for three seconds, exhale for five seconds.

Sit in a position that allows you to feel awake and comfortable. Feel free to lower your gaze, keep your eyes open or close them.

First, notice your breath.

Breathe in and out at your own pace. Notice your breath. Notice breathing in and out.

With your next breath, see if you can take a deep breath that expands your chest and belly. Try taking a few deep belly breaths.

Next, for two or three breaths, count how many seconds you breathe in for.

Now when you exhale, add two seconds to your out breath. Make your breath out a little longer than your breath in.

Breathe in, and count. Then breathe out and count with two more seconds.

Your mind may wander to other things. Remember this is completely normal. Simply notice it and gently return to breathing and counting.

Breathe in and count, then breathe out, and count two more seconds.

Lastly, take three more breaths, counting in and counting out. When you are finished, please take a moment for any movement you may need.