

PEACE BREATHING

**We are always breathing!
But is your breathing shallow, or deep?
We can create good breathing habits by breathing deeply every day.**

Instructions for Peace Breathing Exercise

- 1. Sit up, with your back against your seat, arms resting on your lap.**
- 2. Place your right hand on your stomach, just below your navel (belly button).**
- 3. Inhale slowly and quietly through your nose, feeling your stomach move out (this is not a big motion).**
- 4. Pause for a moment.**
- 5. Exhale slowly and quietly through your nose, feeling your stomach move in (this is not a big motion).**
- 6. Repeat steps 3 through 5, three times.**
- 7. Rest both hands on your lap. Eyes may be open or closed.**
- 8. Inhale slowly and quietly the same way as before, thinking “world”.**
- 9. Pause for a moment.**
- 10. Exhale slowly and quietly the same as before, thinking “peace”.**
- 11. Repeat steps 8 through 10, seven times.**

Practice Peace Breathing regularly to:

Improve your ability to concentrate and think clearly

Calm yourself before a test or presentation

Reduce arguments and negative reactions

Gain a larger perspective by thinking of peace for the world