

Breath Meditation Script

Find a comfortable place to sit and close your eyes. *(pause)*
Place your hands on your belly and breathe in slowly *(pause)*
and then let your breath out *(pause)*.
Breathe in *(pause)* and breathe out *(pause)*.
Once more, breathe in *(pause)* and breathe out *(pause)*.

Now hold a pointer finger in front of your mouth like a bubble wand. *(pause)*
Breathe in slowly *(pause)* and then pretend to blow bubbles as you breathe out *(pause)*.
Breathe in *(pause)* and then slowly blow your breath out *(pause)*.
Breathe in *(pause)* and blow slowly out *(pause)*.

Now place your hands on your hips.
Tuck your thumbs into your back and wrap your fingers around your front. *(pause)*
Breathe in slowly *(pause)* and then let your breath out *(pause)*.
Breathe in *(pause)* and breathe out *(pause)*.
Once more, breathe in *(pause)* and breathe out *(pause)*.

Now place your hands in your lap. *(pause)*
Breathe in slowly *(pause)* and then make a hissing sound as you breathe out *(pause)*.
Breathe in *(pause)* and then let your breath hiss out *(pause)*.
Breathe in *(pause)* and hissing breath out *(pause)*.

Continue to breathe slowly in and out until you are ready to open your eyes.