

WAKE UP YOUR SENSORY AWARENESS

1. Notice the length of your breath.

1. What is longer - inhalation or exhalation?
2. Notice the pauses between breathing in and out.
3. Is one pause longer than the other?

2. Notice the movement of your breath as you breathe in and out.

1. What moves first as you inhale? Observe that very first beginning of the inhalation - do you feel it starts in the chest or the belly, or somewhere in between?
2. What part(s) move next?
3. What moves first as you start exhaling?

3. What is the direction of the movement?

1. As you inhale - feel if there is some movement in the chest area - how much does it move forwards, to the sides (under your armpits), backward.
2. Feel the movement in the abdomen. What is happening in each direction while you inhale - the front below the belly button, lower back, sides, and down by the pelvic floor.
3. Observe your sternum (chest bone) - in what direction does it move when you breathe in? And when you breathe out?

4. Feel the quality of inhalation and exhalation.

1. Do you feel that one is easier? Are you more satisfied with the quality of exhalation or inhalation?
2. For the less easy one, notice any unnecessary activity, some change in muscular tone around your mouth, lips, eyes, forehead, neck, belly, hands, feet... One by one, observe different areas in the body and notice what parts of you are engaged and disengaged when you start breathing in or breathing out?