

A woman in a pink sports top is using a yellow resistance band in a gym setting. Other people are visible in the background working out.

Exercise of the Month



Guided Meditation: Breath Awareness

Purpose: Reduce stress, refocus the mind, improve relaxation & self-awareness.

Equipment Needed: Comfortable place to sit (mat, chair, cushion etc.)

Step 1:

- Minimize distractions in the space you plan to meditate. Find a quiet location and create a comfortable environment. You might choose to light a candle or play soft music/nature sounds.
- Sit in an upright but relaxed posture. Close the eyes or soften the gaze and scan your body for any tension. Use your exhale to release the tension from the body and come into the present moment.

Step 2:

- Notice how you are feeling, without judgement. Observe the quality of your breath, without feeling the need to change it in any way. Is it smooth? Shakey? Shallow?
- Bring your attention to the sensation of the breath in the body. Feeling the air enter your nose and move down your throat to your lungs, and then back out through the nose. Feel the belly and chest expand as you inhale, and contract as you exhale. Observe all the physical sensations that come with each inhale and exhale.

Step 3:

- As the thoughts start to wander or distractions come up, gently guide the attention back to the sensation of the breath. Without judgement or self-reprimand, realize that the mind will naturally wander and allow each distracting thought to pass you by like a cloud in the sky. Return, each time, back to the sensation of the breath and the present moment.

Step 4:

- After 10-15 minutes (or your designated choice of time), bring your awareness back to the space around you, make small movements with the body, and open the eyes. Take this feeling of mindfulness with you throughout the rest of your day.

[Click here](#) to practice a short 1-minute Guided Meditation with CFW Fitness Professional, Keriann Hill.