

CENTRING BREATH SCRIPT

This is a simple but powerful breathing technique used to calm the mind, ground the body, and bring focus to the present moment.

Here are the steps of the Energy Flow® Centring Breath exercise:

1. Find a stable balanced standing position and bring your attention to your breath.
2. Inhale deeply for a count of 4 while gently raising your arms upward.
3. As your arms lift, softly bend your knees to begin lowering your body.
4. Exhale for 4 count of four as you lower further, brushing the floor with your hands, while feeling your connection to the floor. .
5. Feel strength and stability as you continue breathing deeply and standing in this open and grounded posture.

Reflection questions:

1. How does your body feel as you breathe in and raise your arms?
2. What sensations do you notice as you exhale and lower your body?
3. After completing the exercise, did you notice any shifts in your mental clarity or emotional state?