


Breath Practice / Meditation

 60 minutes

Objective

- *The session aims to provide practical tools that can be easily integrated into daily routines to support overall well-being. By engaging in guided breathing exercises and mindfulness practices, participants will learn how to release physical tension, regulate their nervous system, and restore energy.*

Materials needed

- Yoga mat, cushion, or chair for comfort
- Soft lighting (candles, dim lights)
- Music speakers
- Incense stick (optional)
- Singing bowls or chimes (optional)



Tool Description

This module uses structured breathing exercises and meditation techniques to enhance physical rest. Through guided exercises, participants will explore how mindful breathing can ease muscle tension, slow the heart rate, and bring a sense of calm. The focus is on practical, easy-to-apply techniques that can be used anytime, whether it's to recharge during the day or unwind after physical activity. By the end of the session, participants will have a better understanding of how breathwork and meditation can support their physical well-being in a natural and accessible way.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Physical Rest**
- Introduce the importance of **meditation** as a practice and let participants know this will be the main focus of this module.

1.1 Introducing the module

- This module explores breath practice and meditation as essential tools for achieving physical rest.
- It highlights how conscious breathing and mindfulness techniques help release physical tension, lower stress levels, and restore energy.

1.2 Familiarizing participants with the manual

- Give participants time to explore the breathwork and meditation sections of the manual.
- Highlight key sections that explain how intentional breathing and meditation contribute to relaxation and physical recovery.



Keep in mind we must never force the breath practice. If you feel dizzy or light headed, please stop.

Instructions

1.3 Understanding the role of Physical Rest

- Emphasize that physical rest is crucial for reducing muscle fatigue, improving circulation, and restoring overall well-being.
- Explain how breathwork and meditation allow the body to shift from a state of tension to relaxation, promoting deeper physical restoration.

1.4 The importance of breath practice and meditation

- Breath Practice: Techniques like deep belly breathing, box breathing, and alternate nostril breathing activate the body's relaxation response and ease physical tension.
- Meditation: Focused breathing and mindfulness techniques help slow the heart rate, improve oxygen flow, and reduce the physical effects of stress.



Instructions

2 - Guided Exercise (Step-by-Step)

Step 1: Prepare your space

- Choose a peaceful, quiet area where you can sit or lie down comfortably without distractions.
- Use a yoga mat, cushion, or chair to support your posture and relaxation.
- Adjust the lighting to a soft, warm level to create a calming atmosphere.
- If desired, play gentle background music or nature sounds to enhance the experience.



Additionally, you can use aromatherapy if you are familiar with it, or a smell you like.



Step 2: Center yourself with deep breathing

- Sit comfortably with your back straight and shoulders relaxed.
- Inhale deeply through your nose, allowing your lungs to fill completely.
- Exhale slowly through your mouth, releasing any tension.
- Repeat for 3–5 breaths, focusing on relaxation and grounding.

Instructions

Step 3: 4-7-8 Breathing technique

- Inhale through your nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale through your mouth for 8 seconds.
- Repeat the cycle 4–5 times, feeling a deeper state of relaxation with each round.

Step 4: Box breathing (Square breathing)

- Inhale through your nose for 4 seconds.
- Hold the breath for 4 seconds.
- Exhale through your mouth for 4 seconds.
- Pause for 4 seconds before inhaling again.
- Repeat for 5–7 cycles, maintaining a steady rhythm.



Instructions

Step 5: Body scan meditation with breath awareness

- Close your eyes and take a deep breath in.
- Slowly bring awareness to different parts of your body, starting from your toes and moving up to your head.
- With each inhale, imagine sending relaxation to that body part.
- With each exhale, release any tension you may feel.
- Continue this process for 5–7 minutes.

Step 6: Guided visualization

- Imagine a peaceful place (e.g., a quiet forest, beach, or mountain).
- With each breath, visualize yourself becoming more relaxed in this environment.
- Focus on the sounds, textures, and scents in this imaginary space.
- Stay in this visualization for 5 minutes.

Step 7: Silent reflection and integration

- Take a few moments to remain still and allow your body to absorb the effects of the practice.
- Pay attention to any shifts in your breath, muscle tension, or emotional state.
- Avoid rushing, let the sense of calm settle before returning to normal activities.
- When you feel ready, slowly bring movement back to your body and open your eyes.

Ensure participants take breaks between each step, or just pick a few your group feels comfortable with, and keep an eye on group to watch for any struggling or forcing of breath.



Instructions

3 - Reflection and closure

3.1 Reflection

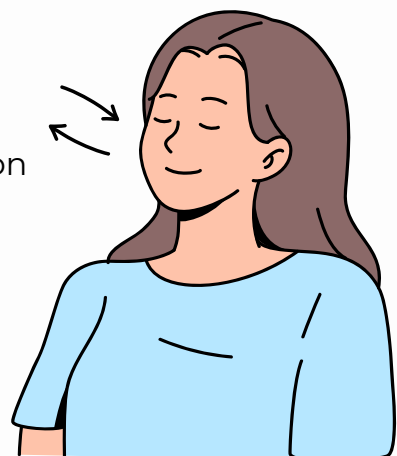
- Deep Breathing: Invite participants to sit comfortably in a circle and take deep breaths to relax and bring to the moment.
- Guided Reflection: Ask them to notice any areas of ease, relaxation, or lingering tension.
- Group Sharing: Provide an open and supportive space for participants to share their experiences if they feel comfortable. Encourage them to express any sensations, thoughts, or emotions they noticed during the session.

3.2 Discussion of the information covered

- Summarize the key takeaways from the session, reinforcing the connection between breathing, meditation, and physical rest.
- Discuss the role of mindful breathing in reducing stress, improving focus, and supporting relaxation.
- Offer practical ideas on how participants can integrate these techniques into their routines, such as before sleep or during moments of tension.
- Encourage them to approach breathwork as a flexible, adaptable tool they can use anytime they need to reset and recharge.

3.3 Closure

- Encourage participants to practice breathwork and meditation regularly.
- Suggest a weekly check-in to reflect on progress.
- Express appreciation for their participation and remind them to revisit the manual for continued guidance.



Reflection questions

- How do you feel after this breathing and meditation practice?
- Can you identify any areas of your body where you feel most comfortable at the moment?

The breath is the bridge which connects life to consciousness.

- Which breathing technique felt most effective for you?
- Would you like to share about your peaceful place? Where was it? Is there any memory behind it that you'd like to share with us?
- What do you plan to incorporate breathing and meditation practice into your daily life to release the stress?



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