

## Wellbeing Moment



Sit comfortably with straight spine. Close your eyes.  
Relax deeply. Start to pay attention to your breath.  
Fresh air flowing into your nose, traveling down to your belly.  
Allow it to expand. Keep focus on the breath.  
Notice a moment of stillness, before the air starts to move  
upwards and out of your body through your nose again.



Congratulations, you just gave your mind & body  
regeneration and your soul a moment of bliss.

Repeat for a few minutes daily and increase the time gradually  
until you reach at least 20 minutes.

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