

Equal Breathing Meditation

Equal breathing meditation is a yoga technique known as 'Sama Vritti' and is designed to balance your breathing and bring a sense of calm. It's great for a quick wellbeing activity after lunch or to help your students regulate their moods.

Instructions

1. Find a comfortable place to sit and rest.
2. Ask your students to notice how they are feeling.
3. Notice your natural breathing for a few moments, without trying to change it.
4. Begin to slowly count to four as you breathe in, taking a moment to fill your lungs full of air.
5. Now, slowly count to four as you breathe out, taking a moment to notice how your lungs feel when they are empty.
6. Continue your equal breathing for several minutes.
7. Let your breath return to normal and take a moment to notice the effects of your efforts.



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