

Body-Breath-Connection

Tuning into your BBC Body—Breath—Connection

A technique in daily life, which connects you to the now, wheter you are on the run or resting.

- 1. Simply put your attention on your feet, in your shoes, and feel the ground beneath them. This allows you to become 'grounded' or 'earthed'. It doesn't matter what floor your office is on, there are foundations to the building!*
- 2. Note your own breathing. Don't alter it in any way, simply pay attention to it. As you observe it, you may find yourself inhaling and exhaling a little deeper, which is highly beneficial.*
- 3. Make the physical move you chose to anchor this state into your physiology.*

Keep on practicing for a while and connect the practice with yourself and the now. Try this when somethine irritates you, brings you joy or triggers anxiety.