

COUNTING

I count while I inhale and exhale

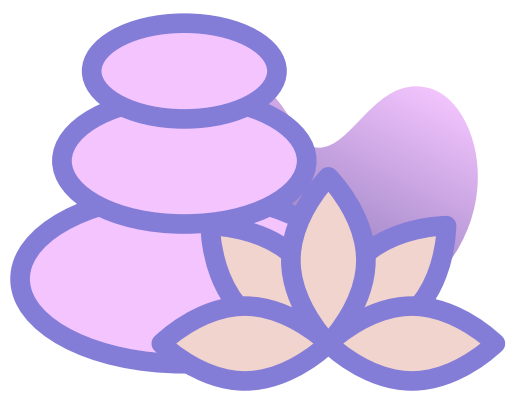


Objective

Exercising mindfulness through mindful counting.

01 Your posture

Take a comfortable position and close your eyes.



02 Breathe!

Start breathing at your own pace.

03 Return to yourself.

Inhale and exhale and count: one. Repeat successively until you complete 10 breathing cycles.



04 Remember

If at any time you get distracted, start over from one.



Reflection

As you can see, it is really easy to bring our awareness back to the present moment through breathing and counting.

Don't forget that you have more theory about these activities, below, you can find the source behind them, in order to dive deeper into the subject.