

Breathing Meditation with Stephenie Howe

Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice.

Hello friends, join me here in this beautiful place, to take rest for a few moments.

Begin with letting go of all thoughts. Feeling your body relax.

Bring your focus to your breath, as you inhale through the nose, noticing your belly rising first. Then your lower ribs. Then your upper ribs. All the way up to your clavicle.

You may even notice your shoulders rising up just a little bit.

As you exhale through the nose, feel your belly relaxing first, then your lower ribs, then your upper ribs, all the way up. Staying with these gentle breaths.

Take a deep breath in through the nose, and sigh it out. Ah. Lovely.

May the rest of your day be one of peace. Namaste.