

## Breathing Guide

We're going to start - you're sitting comfortably in your chair, with your legs and arms straight.

Be aware of your supports, your feet on the ground, your buttocks on the chair, your back on the back of the chair.

With one hand on your chest and the other on your belly, be aware of your breathing.

Observe your breathing.

Welcome your breath.

I'll give you a few moments to welcome her.

Then you will put both hands on your stomach, you will now take 3 deep breaths a little deeper, directing your air towards your abdomen.

By inhaling, you fill yourself with strength, energy, self-confidence....., then you block your breathing for a moment so that this confidence in you settles in ALL your body then you exhale very slowly, a fine and long breath by taking the time to empty yourself of all the stress, anxiety, and fatigue.

1) Go ahead.... Inhale....

The air fills your abdomen, fill up with strength and energy, block your breathing.

2) A second time, breath in.

Exhale gently.

Empty all the stress, anguish, fatigue that are in you. You feel a serenity in you....

3) One last time, inhale...

Fill yourself with kindness and strength

Block... you feel more and more serene and you take a step back... Exhale a long and thin breath...

Release...

You feel in harmony with yourself and your project...

You return your breathing to a normal rhythm, at your own rhythm. Your hands on your thighs, you are relaxed.

Whenever you want, you can open your eyes.