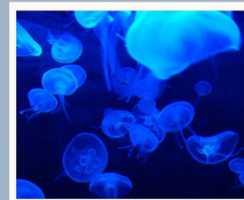


Day 1 - Breath

Day 1 - Breath

Lead attention to the breath
in your body

Click to start

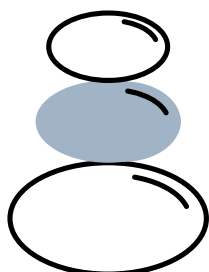


HOME

Previous

Next

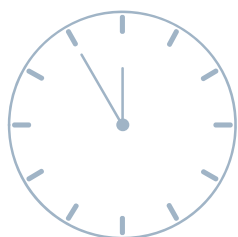
Self-Reflection : Before Practice



How you feel before your practice?



Self-Reflection : After Practice



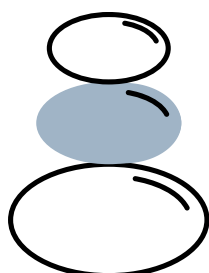
What time will you practice Conscious Breathing?

Example : Morning at 6am, as soon as I wake, up, Evening, at 11pm - right before bedtime, 5 minutes



Which activity can you practice conscious breathing with?

Example While showering, while on a lunch break, while walking



How you feel before your practice?

