Sit, Bow, and Breathe

BLUEPRINT

Sit, Bow, and Breathe

- 1. Sit comfortably.
- 2. Quietly observe your senses.
- 3. Connect your hands and gently bow your head. Imagine you are somewhere calm and peaceful.
- 4. Rest your hands. Close your eyes.
- 5. Notice your breath coming in and out.
- 6. Open your eyes.

