

Mediation - Stefanie Miska

Welcome to Meditation. Please enjoy this short 3-minute relaxation exercise from Stefanie Miska, who is a Doctor of Traditional Chinese Medicine, and a Registered Acupuncturist and Herbalist practicing in Victoria, BC.

Welcome to a brief moment to pause and soften.

Find a comfortable position to sit for a few moments, and begin with the eyes open and take a big deep breath, breathing in through the nose and out through the mouth.

Notice where the breath goes, is it short, shallow, long or deep.

As you inhale, feel the chest expand, as you exhale feel the areas of the body that soften.

With the next exhale closing the eyes, and feeling the weight of the body press down.

Noticing the contact with the seat or the floor beneath you, the hands resting on the legs.

Noticing any sounds in the environment around you and where in the body you feel the movement of breath.

If the mind wanders, letting that thought go as you come back to the rhythm of inhale and exhale.

What areas of your body can soften, even if it's only a little.

Invite breath into the area between the eyebrows and with the out breath, softening the space there.

Inhale expansion into the jaw muscles, and with the exhale, softening the space there.

Noticing the diaphragm, the area above your belly button, soften the space there.

Relax the hands, uncurl the fingers, and soften the space there.

Pause here.

Deepen the breath, notice the sounds in the room around you, and when you are ready, gently open your eyes.