



## HANDOUT 2: SESSION 03

### The 3-step breathing space or the three B's of presence

This is a brief 3-step meditation practice that can be done anywhere and anytime. It can be used to take a time-out from a hectic day or when feeling overwhelmed by a stressful event, when you need to be brought back into the present, to center yourself.

- 1 Become aware:** Become aware of what is happening right now by tuning into your senses, feelings, body sensations and thoughts. What are you noticing happening right now? What are you seeing? What are you hearing? What sensations are you noticing in your body? What thoughts are arising in the mind?
- 2 Breathe:** Become aware of your breath as it goes in and out. Notice your chest and belly rising and falling with each breath in and out. What is the quality of your breath? Is it fast, slow, deep or shallow? Just allow breathing to happen all on its own.
- 3 Body:** Become aware of your entire body, expanding your awareness from where you are experiencing breathing. Now that you are more fully in the present moment, how would you respond to this moment?