



Using *Breathing & Mantras* in Recovery

● Breathing

- Notice the natural rhythm of your breath. Notice your emotions.
- 1:2 breathing allows you to calm your body.
- 2:1 breathing allows you to energize your body.

● Movement

- Notice any areas of tension
- Are you clenching your jaw? Are your shoulders forward? Are your hands clenched?
- Notice movements occurring in your body.
- Are your legs shaking? Are your hands moving?
- Explore your natural movement as you follow the rhythm of your breath.

● Mantra

- What word or phrase comes to mind?

- Repeat your mantra as you breathe, and then gradually bring in your natural movement.