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effective pain management  
physiotherapy ~ education ~ therapeutic yoga

## **Breathing Techniques for People in Pain**

### **Breath Awareness**

With your eyes softly closed, bring your awareness to your breath. Notice your breath as you inhale - and notice your breath as you exhale. Become aware of how your body moves as you breathe in and as you breathe out.

Notice the sound of your breath: the sound on the inhale - and the sound on the exhale. Notice the feeling of air moving through your nose, mouth and throat.

Become aware of the length of your inhale - and the length of your exhale.

Notice whether your breath feels easy and calm or at all tense or constrained.

Shift your awareness away from your breath now, to your body. Notice if there are areas of your body that are calling out to you, drawing your attention to them. Notice areas that feel nothing in particular.

Become aware of the sense of energy in your body, right now.

Take some time to scan through your body, noticing the whole front of your body. From your feet through your legs, your pelvis, your belly and chest. Your shoulders, neck and face.

Then explore the sensations in the back of your body, your heels, your calves, your thighs and buttocks. Your lower back, your upper back, neck and head.

Now shift your awareness back to your breath. Start to lengthen your breath, making the inhale and the exhale the same length. Feel your breath becoming calm. Feel your mind becoming calm - and feel your body becoming calm.

Continue with long calm breath, equal inhale and exhale - until you wish to stop. Then take three big breaths and allow them to relax out. Aaaahh, aaahh, aaahh.

Open your eyes when you feel ready.

**Neil Pearson**