

**MINDFULNESS FOR BEGINNERS ©**  
**Breathing for Healthy Body and Mind**  
**WITH BERYL BENDER BIRCH**

**Class 1-3**  
**Mindfulness – The Beginning Practice**

Transcript

*Breathing for Stress Relief*

- Sit, close eyes, get comfortable, external scan, internal scan,
- Watch natural breath – questions about breath
- Lengthen exhalation – follow that

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