

**Breathing in, I know I am breathing in. In  
Breathing out, I know I am breathing out. Out**

**Breathing in, my breath grows deep. Deep  
Breathing out, my breath goes slowly. Slowly**

**Aware of my body, I breathe in. Aware of body  
Relaxing my body, I breathe out. Relaxing body**

**Calming my body, I breathe in. Calming body  
Caring for my body, I breathe out. Caring for body**

**Smiling to my body, I breathe in. Smiling to body  
Easing my body, I breathe out. Easing body**

**Smiling to my body, I breathe in. Smiling to body  
Releasing the tensions in my body, I breathe out. Releasing tensions**

**Feeling joy to be alive, I breathe in. Feeling joy  
Feeling happy, I breathe out. Feeling happy**

**Dwelling in the present moment, I breathe in. Being present  
Enjoying the present moment, I breathe out. Enjoying**

**Aware of my stable posture, I breathe in. Stable posture  
Enjoying the stability, I breathe out. Enjoying**