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# SIMPLE BREATHING EXERCISE

**Purpose:** to take a mindful break in between activities, give space and time to slow down, calm down body and mind

**Duration:** 10-20 min

**Group size:** can be done in as small group as 5 people and as big as 100

**Age:** 18+

**Preparation:** no preparation needed, you can simply ask participants to sit down comfortably on the ground and prepare pillows or cushions (if you have any available)

**Process:**

Introduce participants the purpose of the activity, explain them that you will be doing a simple breathing exercise to slow down, give time and space to calm down the body and the mind, and invite participants to sit comfortably on the ground with their backs straight. If someone cannot sit down on the ground, they can simply sit on a chair with their back straight.

Before doing the exercise with the participants, explain the exercise first and demonstrate it to them. Explain to the participants that they will breath in on the count of 8, then hold the breath for the count of 8 and breath out on the count of 8.

Once you have explained the exercise and showed participants couple of times, invite them to gently close their eyes and listen to your guidance.

An example of guiding participants:

We are going to breath in counting till 8: 1, 2, 3, 4, 5, 6, 7, 8; we will hold our breath counting till 8: 1, 2, 3, 4, 5, 6, 7, 8; and we will breath out counting till 8: 1, 2, 3, 4, 5, 6, 7, 8”.

Repeat for up to 10 times. Once you have finished, invite participants to keep their eyes closed for couple of minutes, breath naturally, in their own rhythm and observe how does the body feels. After 2-3 min, bring participants back to the room by inviting them to softly gently open their eyes, taking as much time as they need.

At the end, do a quick debriefing to check-in how did it feel to do this short exercise:

- How did your body feel?
- Did you notice some sensations in the body?
- Did you have many thoughts coming in?
- Was it challenging to calm down the mind?
- How does the mind feel now?



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