

The breath pathway



Foundation

How to play

Notice how the breath enters the body at the nostrils, moves down through the throat into the chest. How it moves the shoulders and back. How it inflates the tummy and lower back. Notice the different feeling between breath moving in and moving out. Notice the pauses between the breaths and notice if your mood changes throughout.

Things to think about

- Make no attempt to change the natural rhythm of the breath.
- Connecting to the breath can help manage anxiety.

Adaptations

- Imagine changing the pathway: breathing in through the top of the head and out through the feet, the other way round, or filling the whole body.

Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



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