

Anchor Breathing Class Summary

- **When our mind wanders, worries or ruminates, we use the breath to retrain our attention**
- **By concentrating on our breath, we retrain our attention to the present moment, instead of allowing our black box to ruminate about the past, or the future**
- **The key moment in anchor breathing is in bringing the attention back to the breath once your mind has wandered**
- **Over the years and exacerbated by stressful lifestyles, we have learned to shallow breathe from the chest**
- **In anchor breathing, we breathe from the belly**
- **Keeping your mouth closed, breathe through your nose, for both the in-breath & the out-breath**
- **If it helps you to breathe correctly, during practice, put one hand on your chest and one on your belly**