

Solunakēn

Breathwork

AT SUNRISE POINT

A gentle way to meet a new day.

1



Settle In.

Find a comfortable position.
Let your body be supported.
Feel the cool morning air around you.
You don't have to do anything specific.
Just be here.

2



Breathe In.

If it feels comfortable, breathe in gently through your nose.
Notice the coolness of the air as it enters.
Feel your chest and ribcage gently expand.
Notice where you first sense the air changing as it warms inside your body.

3



Breathe Out.

Let the breath leave through your mouth, if that feels comfortable.
Notice the warmth of the air as it exits.
Feel your chest and ribcage gently soften.
Be curious about the difference between the air coming in and the air going out.

4



Continue to Notice.

Let this natural rhythm continue for a few breaths.
Notice the cool in-breath, the warm out-breath, and everything in between.
Each breath may feel a little different.
There's nothing to change. Just notice.



You don't have to make this moment happen.
You can simply be here.

What do you notice now?

