

## Balloon Breathing

For this meditation, we are going to imagine we have a balloon in our tummy.  
Can you close your eyes and put your hand on your tummy. Now can you imagine that there is a balloon in your tummy.  
Breathing in, feel the balloon in your tummy filling with air, breathing out let all the air go.  
Breathing in feel your balloon filling up with air, breathing out let all the air go, feel your balloon go flat again.

Breathing in fill up your balloon with air, breathing out feel your balloon go flat  
Now try practicing by yourself,  
Just breathing,  
Just feeling your balloon fill up with air, then letting all the air go,  
Breathing in, feel your tummy get bigger, as you fill up your balloon with air  
Breathing out, feel your tummy get smaller as you let all of the air go.

Keep practicing,  
Pause for 30 seconds,  
Well done,  
Can you keep practicing until you hear the sound of the bell.

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