

## Orange Level – Discovery Exercise #1

We do not breathe in or out evenly. Every breath has several stages in it. Some stages flow quickly, some are slower, more halting. Some stages of breathing are relaxed and easy, some are tight.

### **Take a moment to notice your own breathing right now.**

When you breathe in, notice the different stages. When is your breath tight? When does it flow freely? When is it quick? When is it slow? What parts of your body are engaged in breathing? At what stages are you using them?

There is no right or wrong answer here. There won't be a test on this. If you're a person who needs to know how well you're doing with this discovery exercise, write me and I'll give you a passing grade. Better yet, write down your own observations. You'll have a chance to compare these notes with notes written by the future you. That's the person who will be giving you your final grade.