



WORK CARD 10

CONSCIOUS BEATHING - CONCENTRATION

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere. Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.



Ask participants to sit in a comfortable position and focus on their breathing. Ask them to notice the inhalation and exhalation, focusing on the sensation of the air moving in and out of their body.

Encourage them to focus on their breathing for a few minutes, immersing themselves in the present moment and letting their thoughts go.

Allow the group to relax for a while:

- **Ask about their observations.**
- **Did you like the exercise?**
- **Did they manage to relax?**
- **How do they feel after exercising?**
- **What was the difficulty?**

Finally, summarize the importance of relaxation in building concentration. Before conducting the exercise, make sure that participants are open to such experiences and provide appropriate conditions for relaxation and concentration.

Remember that some people may have difficulty relaxing in the presence of others, so it is important to create a safe and friendly atmosphere.