



THE ART OF

# CENTERING

## INSTRUCTIONS:

This skill can be done standing or sitting. If sitting, make sure that you are upright so that your diaphragm is open and free to receive the air.

1. Focus your attention on the path of your breath. As you do so, inhale slowly and deeply through your nose, allowing the air to travel right down into your diaphragm, which is located right under the centre of your ribcage just above your stomach.
2. As your diaphragm fills with air, you will feel this part of your body rise and then fall as you breathe out. Pause for a second once you have taken in a complete breath. Then slowly let the air out through your mouth. Allow the air to take twice as long to leave your body as it took to breathe it in.
3. As the breath leaves your body, check your jaw for tension and loosen it, allowing your shoulders to drop and relax. If you are standing, let your knees soften, making sure they aren't locked. If you are sitting, relax into your buttocks and let yourself sink into the chair.
4. Repeat this process in a focused way for as many times as you need to. Even two to three deep breaths will relax your entire mind/body system.

## *Remember...*

When first learning this skill, it might be helpful to sit in a chair, tip your pelvis forward into a bit of a slouch and place your hand on your diaphragm so that you can feel and see the rise and fall of your body.

### Sources:

Jensen, P. Centering. Performance Coaching Inc. Retrieved from: <http://bit.ly/2jShRJI>

Jensen, P. (2015, March 23). Managing Your Inner Thermostat. Retrieved from: <http://bit.ly/2BzDsNC>