

# Centering

Follow the instructions below to participate in the five minute centering practice in class. Discuss feelings and emotions after the activity. Alternatively, students can be assigned to participate in the practice outside of class and come to class prepared to discuss.



## A Five-Minute Centering Practice

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**1**

Find a comfortable, steady seat. This can be on the floor, on a chair, or seated on a train or in a car (assuming you are not driving, of course!). Try to keep your feet flat on the floor and uncross your legs if possible. This helps keep your body aligned and allows the energy to flow evenly throughout your body.

**2**

Do a few shoulder rolls and release any tension from your neck by tilting your head towards the right ear for a moment, back to center, and then to the left. We hold a lot of tension in our neck and shoulders, as this is where all of our conscious thoughts collect.

**3**

Close your eyes and start to feel your breath originate from the belly to the side ribs, up into the chest cavity and into the back body. Exhale with the same awareness.

4

Begin to count the amount of beats, or seconds, it takes to breathe in fully. Pause at the top of the inhalation, and then count the amount of beats it takes to go to the bottom of the exhalation. Try to make the length of the inhalation and exhalation even, which helps to balance our ability to take in and let go. For example, if you breathe in for a count of four, breathe out for a count of four.

5

Do this for three rounds; one inhale and one exhale equals one round.

6

After the third round, open your eyes and bring them to a point in front of you. Take in your surroundings. Notice how you feel rebooted and re-centered. Repeat as often as necessary throughout your day.



Platt-Finger, S. (2019). *A five minute centering practice*.

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