



Breathing Exercise

Improve mental strength through meditation and breath exercises

Time	5 – 10 minutes
Age	13+
#	1+
Tags	Meditation, Mindfulness
Rating	★★★★★

Description

Sit comfortably in a seated position. Upper body upright in order to allow for proper breathing. Ideally also get your shoes ready to start climbing specific warm-up after the exercise (such a traverse in silent). Breathing should always be done through your nose. Close your eyes. And do as follows:

1. Observe surrounding: Wind, basketball, cars, (30s)
2. Observe your thoughts: What did you do today, what is in your mind, don't judge. (30 s)
3. Observe your breath: Place your left hands onto your chest, the right one onto your stomach. How do you breathe, from your chest, from your stomach? Is the breath shallow or long and regular? How long do you inhale/exhale (count)?
4. Find a rhythm: Aim at inhaling/pausing/exhaling all at equal length.
5. Try to find calmness (main focus): Elongate your breath. E.g. if you counted to 5 before, try to slow the breathing down to 6, then 7, etc.... (continue doing so for 2-3 min)
6. Find your way back: Let go of the previous exercise, its intention and any thoughts. Breathe normally for 5 times. Then slowly find your way back.
7. Silent traverse: Keep silent. Wear your shoes and start warming-up without talking and with the focus on complete silent also while moving on the wall.

Variations

Step number contains the main focus of the breathing exercise. You may replace it with the following:

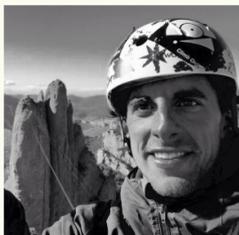
1. Core tension – breathing under tension: Start with doing so during exhalation only. Continue then keeping the tension also while inhaling and during the whole breathing
2. Stomach Movement – Calming: Follow the movement of your stomach. While keeping your eyes closes repeat in silence, “rising” when inhaling (stomach forms a ball) and “falling” when exhaling (stomach becomes flat again).
3. Breathing when anxious or nervous: Focus on inhaling through your nose as long and steadily as possible remaining comfortable at the same time. Exhale at one through your mouth.

Going Deeper

Check Meditation – Awareness – Body Scan

Supplies

Safety Note



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Comment Section

Beat (01.09.2019): Love this exercise! Did you ever think about combining this with X?