

# Calming Bath Meditation

Take a few moments to dim the lights, switch your phone to Do Not Disturb, and settle into a comfortable position in your bathtub.

Slowly close your eyes and bring your attention to your breath.

Breathe in through the nose and out through the mouth.

Let go of any lingering worries from the day.

This time is dedicated to you and caring for your body's needs.

Soak in the warmth around you like a soft blanket tucking you in.

Breathe deeply into your belly and exhale slowly.

Observe your body's sensations from a nonjudgmental stance.

Inhale one-two-three and exhale one-two-three.

What sensations do you notice?

Perhaps the flow of air entering and exiting near the tip of your nose or tension in your upper lip lessening with each breath.

Consider what muscles you're using as you breathe.

Notice how your ribs, belly, and back move with each breath.

Observe nonjudgmentally and acknowledge these sensations.

If you notice your chest moving more than the rest of your body, try to expand your lower abdomen as you breathe in and contract as you breathe out.

Your ribcage should remain neutral as you breathe.

As you practice this, bring your attention to what you observe.

Perhaps you notice how the water moves as you breathe or any cool or warm sensations.

Allow whatever you observe to be okay as it is.

Allow and accept.

Stay in this mindful awareness for a few more minutes.

When you're ready, open your eyes and bring your awareness back to your current space.

Great job today! Enjoy the rest of your bath and sleep well.