



WORKSHEET – WORKSHOP 5E

Breathing of the heart

In this exercise, you will work on training your smile.

Did you know that smiling feels good? Of course, when you're happy, you smile. But that's also true the other way around. Forcing yourself to smile helps reduce stress and makes you feel better. And sharing a smile with someone else is contagious too!

1. I invite you to stand up straight, without tension in your body. Let your shoulders down by relaxing them and breathing deeply. Close your eyes and continue breathing calmly.
2. How do you feel? Be attentive to everything that happens in your body - your entire body is relaxed. You chased all your tensions away... How does that feel? Nice?
3. Now put one hand over the other and put them both on your belly button. Feel how your stomach inflates when you breathe in. Keep your eyes closed to stay focused on yourself. Feel the energy circulating within you.



4. Slowly lift your arms level to your heart, the height of your chest. Be mindful of your breathing, feel any joy bubbling up and puff out your chest.
5. Smile to yourself. Take the time to enjoy this smile.
6. Then draw a big imaginary heart around you. Lift your hands a little bit over your head and open your arms by drawing the upper hills of the heart. Slowly let your arms down. Whilst they're going down, you join them to close the heart.
7. Breathe in deeply three times when in that position and feel how content you are.
8. I now invite you to open your eyes, turn to your neighbour and give him or her a big smile. Remain silent and receive their smile like a precious gift. You can then turn to someone else and give them a smile as well.
9. How do you feel? Giving someone a smile makes you and the other one happy. You feel accepted and reassured when someone smiles at you. So, remember to smile often when you return back to what you were doing...