

# Sitting in Silence Practice Instructions

The 'Sitting in Silence Verbal Instruction Video' is available to support you if required.

## Sitting in Silence Practice Instructions

- Sit with a straight spine in a comfortable position on a chair or floor.
- Close your eyes.
- Palms of your hands facing upwards on your lap, this makes you more open and receptive.
- Tilt your head slightly back until your focus naturally finds the centre between your eyebrows above the nose.
- Put your focus on the breath, focussing on the in and out of your breath, just noticing your breathing, you are not altering your breathing.
- You may notice thoughts come,
  - don't engage with your thoughts.
  - don't add any new thoughts either.
  - simply let them come and go.
- If you find you've lost yourself in thoughts, as soon as you notice, put your focus on your breath again.
- The moment you notice you are lost in thought you are conscious.
- Sit in silence for 11 minutes. The time can be adapted depending upon students and time restraints.
- Become aware of your physical body.
- Gently open your eyes when you are ready.