

Breath and Body



How did your breathing feel at the beginning compared with the end of meditation?



Where in your body did you notice the most tension, pressure, warmth, heaviness, or lightness?



Did your posture change during meditation without you deliberately changing it? What did you notice?



Was there a moment when your breathing became easier, slower, deeper, shallower, or more noticeable?



Which physical sensation stayed in your awareness the longest?

