

BREATHE

Energy, Relaxing, and Stress Reduction:

Name: _____

Directions: Find a comfortable place, preferably a straight back chair. Sit with low back against the chair. With your hands resting palms up on the knees. First breathing technique takes place in a rapid 7 successive breaths.

Inspiration phase is through the nose with head extending backwards.

Expiration phase is through the mouth with head flexing towards the chest.

PHASE 1: Includes 7 breaths

PHASE 2: Follows phase one after a short rest period of no longer than one minute, with 14 breaths.

PHASE 3: Another series of 14 breaths.

PHASE 4: Another series of 14 breaths.

Purpose: This breathing pattern provides for the brain an influx of oxygen necessary to increase brain activity, over all energy in body, and state of relaxation, very similar to a pre-meditative state. In other words, more whole connection with the brain body mechanism.

******ATTENTION****** Rapid breathing such as this can create a warm sensation within the body. A tingling sensation within the hands, arms, and/or feet, possible sensation of light-headedness may also occur. If this is uncomfortable, please alter the pace of your breathing to a comfortable level. This activity is not to be done while operating a motor vehicle or heavy equipment.

1x/day

2x/day

3x/day

4x/day

Make this a part of a daily habit for health, wellness, and overall prosperity!