

Sounding Breath

This exercise is done lying on the ground in the corpse pose (on your back, legs straight, arms to your side), letting all your limbs relax. Close your eyes and relax your jaw.

Exhale completely and then slowly draw in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow. Repeat at least 3 more times to relax.

TIP: Stressed after a long day at work? Do this to relax in lieu of having a drink.

Sitting Breath

This exercise is done while sitting, so you can do it anywhere (e.g. at work, while driving, while watching TV, etc). Exhale out of your mouth with a deep sigh in order to reset your diaphragm. Then breathe in slowly through your nose for a count of 4 and hold your breath for a count of 7. Then exhale through your nose for a count of 8. Repeat this three more times to help calm your spirit and relax your nerves.

TIP: Try this before eating to get your body into the optimal state of digestion

Benefits of doing breathing exercises every day for 20 to 25 minutes:

- ◆ Increases lung capacity and improves breathing efficiency
- ◆ Improves circulation, normalizes blood pressure and improves cardiovascular efficiency
- ◆ Boosts the immune system
- ◆ Increases energy levels and gives lots of positive energy
- ◆ Strengthens and tones the nervous system
- ◆ Combats anxiety and depression and improves sleep
- ◆ Improves digestion and excretory functions
- ◆ Provides massage to the internal organs, stimulates the glands and enhances endocrine functions
- ◆ Normalizes body weight and provides great conditioning for weight loss

"Improper breathing is a common cause of ill health. If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful - or more simple - daily practice to further your health and well being than breathwork."

~Andrew Weil, M.D.