

**"WHEN YOU
RELEASE STRESS,
YOU COME HOME
TO YOURSELF."
- DONNA EDEN**



Releasing BREATH

Releasing breath is so powerful! It helps you clear your mind, feel more in control of your emotions, and releases negative energy. It is a great way to release built-up stress.

Perfect in the afternoon when you are shifting from day to night and work to family time. It is excellent at the end of the day and really any time you feel like you need to let go of stress.

- Sit tall, either on the floor or in a chair.
- Eyes are closed. Rolled in and up towards the Third-Eye is optional.
- Cup the left hand in the right hand and let them rest in your lap.
- Begin to inhale in 4 equal sniffs. Allowing the belly to expand.
- Then take a long exhale out of your nose, drawing your navel point towards your spine.
- Repeat for 4 cycles or 1 to 3 minutes.

* Optional: If you have space, you can also take your arms out to the sides with palms up and lift them a little with each sniff. Have them touch above your head on the 4th sniff. Then you can turn your palms out and lower your arms down on the exhale.

When you finish, stomp your feet and shake your hands out.

Enjoy your calmer state of awareness!

I enjoy doing this before picking my boys up from school. It helps me release stress from my day and be more present for them.



