



# MODULE ONE

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## Simple And Basic Breathing Techniques





## 1.1 (Breathing) Instruction

### Step 1: Sitting /or Lying Down

Sit or Lie down somewhere quiet in a comfortable position, keep your shoulders relaxed and eyes closed, consciously relaxing your body from the top of your head to the tips of your toes and start to bring your attention to your breathing.

### Step 2: Breathing in

When you are ready, keep your eyes closed and your lips/mouth sealed; take a long and deep breath with your nose and hold that breath as long as possible until you cannot hold it any more.

### Step 3: Release Your Breath with BREATH OF FIRE for 5-7 seconds

When you feel that you cannot hold your breath any longer, then release your breath with **Breath of Fire** (breathe in and out rapidly with your diaphragm muscle).

### Step 4: Take a break and repeat

Gently bring your breathing back to its normal rhythm, and then repeat the first 3 steps 7 times.

### Step 5: Come back to your awareness

Gently bring yourself back and become aware of the space around you. When you are ready, open your eyes :)



## Notes:



## Questions:

