

7 BREATH PATTERNS FOR RELAXATION OR REJUVENATION

LONG IN/LONG OUT

>> FILL IN YOUR ENTIRE TORSO, FRONT AND BACK, CHEST TO LOWER BACK, THEN RELEASE

LONG IN/RELEASE QUICKLY

4 BOX BREATHS

>> 4 COUNTS INHALE, HOLD 4, EXHALE 4, REST 4

RHYTHMIC CYCLE BREATH

>> BREATH IN, RELEASE, RIGHT BACK IN

2 IN 1 OUT

>> 2 QUICK IN THROUGH THE NOSE, OUT THROUGH THE MOUTH. THINK LAMAZE PREGNANCY BREATHS, GUYS!

HOLD THE BREATH

>> 3 DEEP BREATHS, ON TOP OF 3RD INHALE HOLD THE BREATH, RELAX BODY UNDER THE HOLDING, RELEASE

UP AND DOWN THE BODY

>> BREATH IN THROUGH THE FEET ALL THE WAY UP THE BODY TO THE CROWN OF YOUR HEAD AND HOLD, BREATHE OUT THE TOP OF THE HEAD INTO THE AIR, BREATHE IN THROUGH THE TOP OF YOUR HEAD TO YOUR CHIN AND HOLD, BREATHE OUT ALL THE DOWN YOUR BODY THROUGH YOUR FEET AND BEYOND