

Part 2:

WORKING WITH YOUR Breath

BREATHING EXERCISES THAT WILL HELP
YOU SHIFT YOUR ENERGY IN POSITIVE
WAYS WHILE BRINGING HEALTH
BENEFITS TO YOUR BODY AND MIND.



When you
own your
breath,
nobody can
steal your
peace.



WORKING WITH YOUR Breath

In Part 2, you will be working with your breath. In yoga, the regulation of the breath through specific techniques and exercises is called pranayama. If you are new to breathing exercises or would like to follow some videos, you might want to visit my blog at www.kerryburki.com/blog/.

Learning to use breathing techniques is a quick way to create and experience a positive shift in your life. Your body has many treasures to offer you. These lessons will help you tap into them while experiencing numerous benefits.

By the end of this section, you will know how to use your breath to calm, energize, release negative or old energy, bring about success, bust out of a bad mood, and balance your mind. You will also know how to use your breath to connect with the energy of the sun and moon.

Lessons:

- Connecting the Sun, the Moon, and your Breath
- Releasing Breath
- Meeting Challenges with Victory Breath
- Breath of Fire
- Alternate Nostril Breathing



***Do not practice these breaths in the same sitting. Working through this section will be a little different. You can try them throughout the day and possibly throughout the week when you are first starting. Then you can use them based on your situation going forward.

***If you have health conditions, you should consult with your doctor.