

3-Inhalation Cleansing and Relaxing Breath

This technique stimulates oxygen flow, which cleanses, clears, and soothes your mind and your body. It focuses on the breath that moves in your upper chest. This technique focuses on 3 breaths. Each breath is comprised of 1 – 8 inhalations and one exhalation.

Try it: Open and lower our eyes to soften your focus. Take in 1 to 8 short, staccato, breathes through your nose, filling your chest. Then gently exhale through your mouth. Perform three sets of 1-8 inhalations to 1 exhalation.

Notes: Try to keep your shoulders down. You might notice at the end that you feel lightheaded.