



Just Breathe

Building and Calming Energy with Breath

Tone Muscles
Decrease stress
Balances emotions
Stimulate creativity
Calm nervous system
Cleanse body and mind
Improve concentration
Lower Blood Pressure
Increase awareness
Balance the brain
Aides in digestion
Improves Posture

“In with the good, out with the bad”

Tai Chi (Movement fluid)
Qigong

Yogic Breathing
Pranayama

Nostril Breathing

Breathing Exercises

Diaphragm Breathing

Box Breathing: Inhale. Hold. Exhale. HOLD (all to counts of four 1.2.3.4)

4.7.8 Inhale via nose to count of 4. Hold 7. Exhale via mouth 8 seconds. Work toward 8

Natural Breathing (bringing awareness to the breath) relaxed state, not tense (holding can cause tension)

Breathing exercises should be practiced with caution and care. “Start where you are”