



## Breathing Exercises Instructions

### **3 (or more deep breaths)**

You can do this exercise standing, sitting or lying down. It's easily done in bed before going to sleep. You can rest your hands on your belly, with the aim of feeling your belly rise on the in breath and go down on the out breath.

Simply breathe in, hold for a moment and release. Repeat 2 or more times.

You can use it to start or end your day or anytime in between to help re-balance and re-centre yourself.

This breath exercise is good for releasing stress, aiding digestion and bringing energy and relief to the abdominal area.

### **Peace Breathing**

You can do this exercise standing, sitting or lying down. You can take 3 deep breaths to start the exercise or go straight into it.

When you breathe in, silently say to yourself, "I am breathing in peace"  
When you breathe out, silently say to yourself, "I am breathing out peace"

You may wish to sense, see or imagine peace in every cell of your body and radiating out into the world around you.

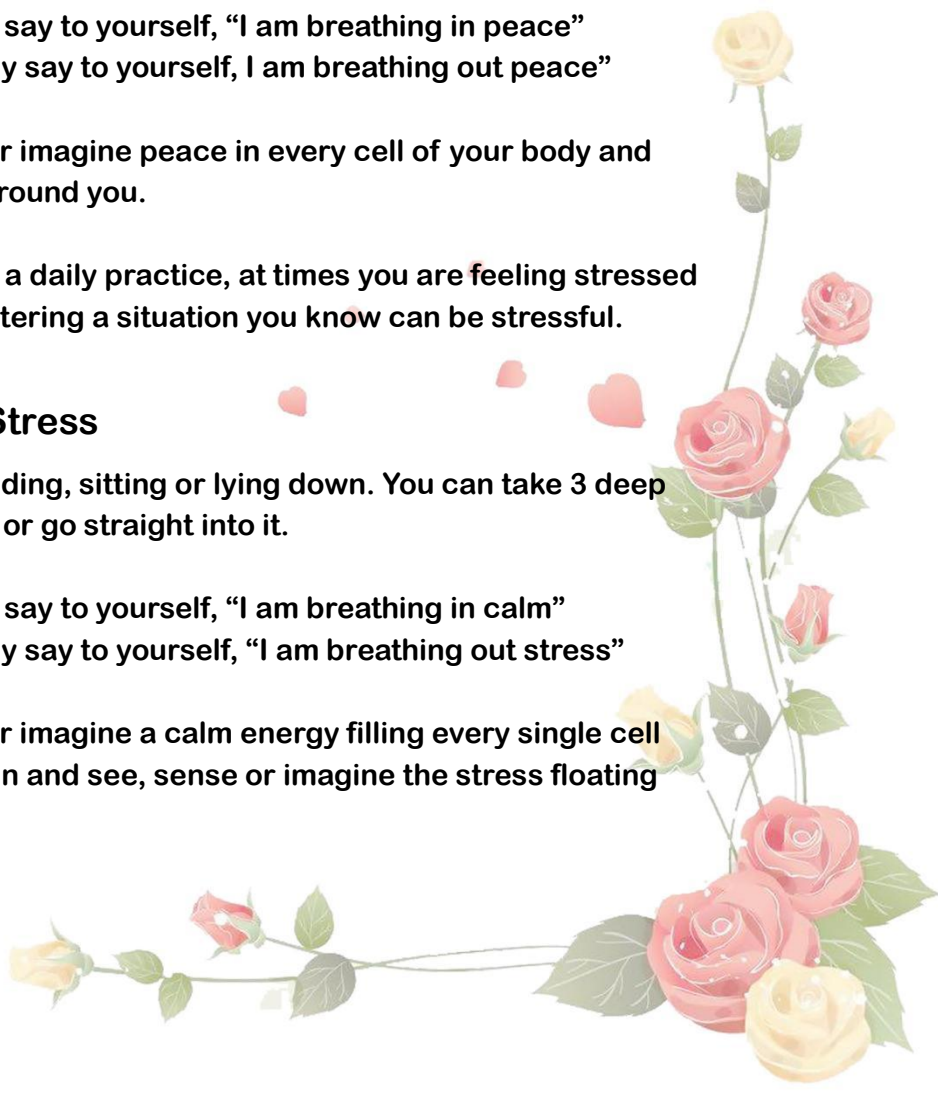
This exercise can be used as a daily practice, at times you are feeling stressed or overwhelmed or before entering a situation you know can be stressful.

### **Calm Breath, Reduce Stress**

You can do this exercise standing, sitting or lying down. You can take 3 deep breaths to start this exercise or go straight into it.

When you breathe in, silently say to yourself, "I am breathing in calm"  
When you breathe out, silently say to yourself, "I am breathing out stress"

You may wish to sense, see or imagine a calm energy filling every single cell of your body as you breathe in and see, sense or imagine the stress floating away on every out breath.





## Alternate Nostril Breathing

This exercise is best done standing or sitting but you are welcome to attempt it lying down if it works for you.

**Step 1:** Take in 3 deep breaths using both nostrils.

**Step 2:** Bring your right hand up to your nose area.

**Step 3:** Rest your thumb on your right nostril.

**Step 4:** Rest your index and middle finger on your 3<sup>rd</sup> Eye Point (In the middle of the eyebrows, above the bridge of your nose)

**Step 5:** Rest your ring finger on your left nostril.

**Step 6:** Rest your little finger where ever is comfortable.

**Step 7:** Block off the right nostril with the thumb.

**Step 8:** Breathe in through the L nostril.

**Step 9:** Block off the L nostril.

**Step 10:** Breathe out through the right nostril.

**Step 11:** Breathe in through the right nostril.

**Step 12:** Block off the right nostril.

**Step 13:** Breathe out through the left nostril.

**Step 14:** Repeat steps 7-13 for 1 minute or for a time period that feels good for you.

**Step 15:** Finish the practice with 3 deep breaths through both nostrils.

This exercise is great for bringing calm, clarity and balance. Use as a daily practice or at times you are feeling scattered or overwhelmed. It's a great exercise to do before an important speech or event. It is also good to do when you have an important decision to make.

**NB:** Always begin and start the cycle on the L nostril.





## Mindful Breathing

You can do this exercise standing, sitting or lying down. As always you have the option of taking 3 deep breaths before you begin.

When you breathe in, silently say to yourself, "I am breathing in"

When you breathe out, silently say to yourself, "I am breathing out"

This exercise is designed to help bring you back into the present moment. You can use it as a daily practice or at times when you are feeling overwhelmed or find yourself too focused on the past or future.

## General Notes

The above breathing exercises can be used as a daily practice, incorporated into other practices you use or at times that you feel you need them.

You can set a time limit or a number of cycles or simply use the practice until you feel a shift or notice a change.

When first using these practices it can be helpful to commit to using them every day for a week or two or more if you feel you need it. This will help you get familiar with the exercises and how they assist your body and mind.

You can use multiple exercise in a day but it may be more helpful to focus on one at a time and learn how they can most benefit you and which one to use in certain situations.

Your breath is a powerful tool and these are just a few examples of how utilising your breath can help you in a variety of ways. As you consciously work with the breath you will probably find that you intuitively know how your breath can help.

Each day your breath gives life to you and it works to nourish and nurture every single cell in your physical body. When things get overwhelming or out of balance, your breath is there to help you bring that calm and balance back.

Breathe in and Breathe out knowing you are aligned with all that you are.

