

Breath Practices

<p><i>Counting Breath</i> Count each breath up to 5 or 10 If your mind wanders, come back to where you were and continue counting If you don't know what number you were on, simply begin again</p>	<p><i>Feeling Breath</i> Noticing the sensation of my breath in my body Cool air coming into my nostrils Warm air leaving my nostrils Breathing in my chest rises Breathing out my chest falls Breathing in my stomach expands Breathing out my stomach deflates</p>
<p><i>Calming Breath</i> Breathe in to the count of 4 Breathe out to the count of 8-10</p>	<p><i>Energizing Breath</i> Breathe in to the count of 8-10 Breathe out to the count of 4</p>
<p><i>Diaphragmatic breathing</i> Practice sitting or laying down Put one hand on your chest and one hand on your belly Breath in through your nose, letting the breath expand your belly, your chest should remain still Tighten your abdominal muscles and let them fall in as you exhale through pursed lips, your belly will return to original positions</p>	<p><i>Intention Not to Move</i> Move around until you are in a comfortable position. Set the intention not to move. Notice the urge to move coming up. You don't have to give in to the urge, stay still. With practice you can avoid giving into the urge for longer periods of time.</p>
<p><i>Shoulder Shrug</i> Breathe in through your nose to the count of 5 as you bring your shoulders up to your ears Hold for the count of 3 Breathe out through your mouth, sighing as you release your shoulders down</p>	<p><i>Straw Breathing</i> Breathe in a long breath through your nose Purse your lips and breath out as if you were blowing into a straw</p>
<p><i>Alternate Nostril Breathing</i> Use your right thumb to close off your right nostril as you breathe in through the left nostril Hold the breath for a moment Use your right ring finger to close off left nostril as you breathe in through the right nostril</p>	<p><i>Square Box Breathing</i> Breathe in to the count of 6 Hold for the count of 6 Breathe out for the count of 6 Hold for the count of 6</p>