

Simple Breathing to Reset

Did you know most people *barely* use a third of their lung capacity? Even the most *skilled* individuals who practice meditation and yoga can still struggle with taking in a full breath, and THAT'S the secret, to slow down the breath to fullness. It's an ongoing practice. This is why we can all benefit from a gentle pause, a brief moment in the constant movement in our days to introspect, reflect and truly feel the gift of life, our breath. I created a mini breathwork exercise to easily carve a few minutes of your day to destress and improve your mood significantly

Your breath is always in the present moment, which is why meditators use it so often as an anchor point.

In yoga philosophy (The yoga sutras), breathing is one of the 8 limbs of yoga: pranayama.

Prana means life force.

Some of the biggest benefits you'll find in this basic breathing technique is:

Improved mental clarity • The breakup of stagnation and energy • Pain Relief
Boost in Immunity • Improved Posture • Decreased stress
An increase a sense of calm and peace • A gentle and rewarding massage of the heart

And much more...

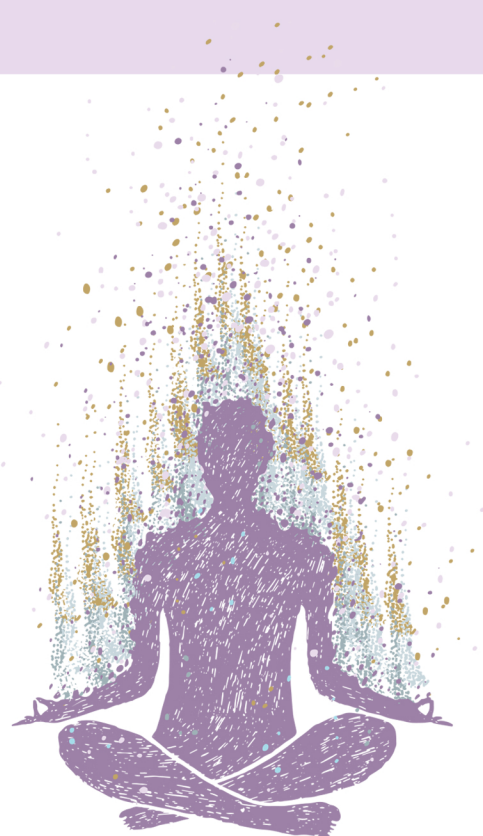
Instructions

Sit comfortably either on the floor, the couch, or a chair... (Comfort is essential here because how can you learn to relax if your body already feels awful sitting).

The back is straight, your head right on the spine.

Feel you're seated. Make adjustments to make sure you're comfortable.

Bring one hand to your belly and one hand to your heart.



Inhale slowly through the nose for 1-2-3-4

Gentle pause

Exhale 1-2-3-4

Gentle pause...

Again

Inhale slowly through the nose for 1-2-3-4

Gentle pause

Exhale 1-2-3-4

Gentle pause...

Again

Note:
If you suffer from any sinus ailments, part the lips and breathe gently through the mouth for this exercise.

Now, scan the body. What you most likely find in the beginning is this:

You're very likely taking in too much air at once...

One of the secrets here is to SLOW DOWN the first few seconds of inhaling and exhale...

Start the breath at the belly base and move it up towards the heart. Feel your hands gently expand because of the breath.

Inhale slowly through the nose for 1-2-3-4 (Slow down the 1-2)

Gentle pause

Exhale 1-2-3-4 (Slow down the 1-2)

Gentle pause...

Again

Inhale slowly through the nose for 1-2-3-4 (Slow down the 1-2)

Gentle pause

Exhale 1-2-3-4 (Slow down the 1-2)

Gentle pause...

Continue doing this for 2-5 minutes.

You can do this during the day anytime when you need a breathing break.



**Curious about learning more holistic tools and techniques tailored specifically to your needs?
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The Holistic Lifestyle Method today.**

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