



Focus: Mind • **BODY** • Spirit

Body Relaxation | Breathing Techniques

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.

— Thi'ch Nhat Hanh

Ocean Breath

Helps to focus and increase oxygen consumption

- Relax the body and shoulders and notice your breath.
- Inhale long, deep and controlled.
- Exhale is long, deep and controlled. As you do, tighten the muscles in the back of the throat creating a long "HAAAH" sound like ocean waves rolling into the shore.

Three-Part Breath

Aids the body's rest and digestion response

- Start with the exhalation.
- Exhale as shoulders go down, lungs close and naval goes out.
- Inhale as naval goes inward to the spine, rib cage rises and shoulders lift.

Moon Piercing

Powerful for navigating anxiety, insomnia and agitated depression

- Bend down first two fingers and secure them with the thumb and allow ring finger and pinky to gently pop up.
- Place fingers towards face and close off the left nostril and exhale to a count of 4 and then close off right and inhale left.
- Breathe in through one nostril and out through the other nostril.
- Always breathe in on the left and out on the right.
- Left nostril: inhale in count of 4. Right nostril: exhale count of 4.
- Do this for 8 rounds working up to 30 rounds.
- Increase breathing count to 8 in and 8 out to enhance relaxation.

