

# Breathe

## FIND CALM AND CLARITY

LIVE YOUR BEST LIFE DAILY BY FINDING CALM AND CLARITY THROUGH BREATHING TECHNIQUES PROVEN TO REDUCE STRESS AND ANXIETY, AND INCREASE HAPPINESS.

1

### SAMA VRITTI OR "EQUAL BREATHING"

- Breathe in through the nose for 4 counts, and out through the mouth for 4 counts.
- *Benefits: Stimulates endorphins, increases circulation, cleanses blood*

2

### BELLY BREATHING

- While breathing focus on moving the air in and out of your abdomen rather than your chest. Use whatever breathing pattern you'd like.
- *Benefits: Decreases anxiety and the build up of toxins*

3

### ALTERNATE NOSTRIL BREATHING

- While holding index and middle fingers on forehead, use thumb and ring fingers to alternatively cover each side of the nostril. Breathe in through the right, out through the left, then switch.
- *Benefits: Balances the brain, decreases anxiety*

4

### KAPALABHATI BREATHING

- Exhale forcefully while pulling in the abdomen. Inhale quickly, exhale forcefully, again pulling in the abdomen. This breathing is meant to be done fast.
- *Benefits: Relaxes the body and mind, detoxifies*

5

### BREATH OF FIRE

- Inhale and exhale forcefully. Repeating the breaths very rapidly. When done correctly the rate should be 120-180 times per minute. This is the hardest pranayama (breath control).
- *Benefits: Strengthens nervous system, releases emotions*