

How to Breath

by Ashley Neese

Energy

Sitting or standing up, three minutes

THE PRACTICE

Take your position.

Set your practice intention.

Sit or stand tall, lengthening the spine.

Rest your arms at your sides.

Inhale through your nose and lift your arms up to the sky.

Exhale.

Inhale deeply; as you exhale, bend your elbows and pull your arms down so that your hands are aligned with your head.

Inhale and raise your arms back up, exhale and bring them down.

Repeat this practice for one full minute.

When finished, release your arms all the way down and rest for another minute.

Close your practice.

Journal.