

# Breathe & De-stress

When breathing naturally, the Navel Point moves out on the inhale, making our body wider, and moves in and up on the exhale, making us longer. Breathe through the nose which filters, warms and humidifies the air. Keep the mouth closed with the jaw relaxed.

To help your breathing sit with a straight spine, with the shoulders relaxed, and the eyes closed. If it's difficult to practise sitting up then try lying down on the floor.

Slowing the breath rate down has many positive effects on health and well-being, making you more relaxed, calmer, and aware.

You can practise slowing the breath rate down from the average of 18 breaths a minute to just 8, then 4, then one breath a minute. This takes time to master, but is really worth the effort. Start by inhaling to a count of four, pausing the breath in the body without tension to a count of four, then releasing the breath as you exhale to a count of four. Only when this feels comfortable increase the count by one on each of the inhale, pause and exhale. Gradually build the count up, never going beyond that which comfortable and relaxed for you.



You can also practise alternate nostril breathing in many variations, such as simply inhaling through one nostril then exhaling through the other. Try U-breathing by inhaling through the left nostril by blocking off the right nostril with the right thumb, then exhaling through the right, nostril by blocking off the left nostril with the right index finger, then inhaling through the right nostril and exhaling through the left nostril.



A breathing practice which is calming is to inhale through the left nostril and exhale through the right nostril.

A breathing practice which is good for the thyroid is Lion Breath. Extend the tongue out to touch the chin and breathe powerfully, bringing the breath over the root of the tongue,



A breathing practice which boosts glandular function is to inhale through the teeth which are closed so that the upper and lower front teeth touch, then exhale through the nose.

To relax, cool and calm the body and aid digestion curl the tongue into a straw and then inhale through the tongue and then exhale through the nose.

With all breathing practice, ensure that full natural breathing continues with the Navel Point moving away from the spine on the inhale and relaxing back towards the spine on the exhale.