

JUST BREATHE



The significance of our breathing can often go unnoticed due to its automatic nature. However, developing awareness of and integrating breathing exercises into our daily regimen can yield numerous advantages. These include fostering a sense of calmness, enhancing concentration, and optimizing performance to reach our fullest potential.

LION'S BREATH

1. Find a comfortable sitting position.
2. Take a deep breath, allowing air to fill your nose, lungs, and belly until you reach full capacity.
3. Upon exhaling, instead of releasing the breath through your nose, open your mouth widely and let out a forceful exhale with a pronounced "HA" sound.
4. Repeat as many times as needed.

BOX BREATHING

1. Exhale for a count of four, then hold your lungs empty for an additional four counts.
2. Inhale for a count of four, followed by a four-count hold with the air in your lungs.
3. Repeat the cycle by exhaling and starting the pattern again.

BELLY BREATHING

1. Position one hand on your chest and the other on your belly.
2. Close your eyes and mouth, shifting your focus to your breath rather than your surroundings.
3. Inhale deeply through your nostrils, counting to four, while ensuring that your belly expands instead of your chest.
4. Exhale slowly through your mouth, counting to four.