

Breathing exercise 1

This is a simple breathing exercise that has a cooling effect.

It's ideal before bed or any time when you want to feel a little calmer.

Close your eyes and bring the focus between your eyebrows, so gently rolling your eyes up.

On both hands, press together the tip of your index finger and thumb.

You're going to inhale through the mouth and exhale through the nose.

When you inhale, poke your tongue out, if you can roll it, great, if not, no matter, just inhale across your tongue, that's what helps cool things down.

When you exhale pop your tongue back in and exhale fully through the nose. Continue this pattern, breathing all the way in and all the way out.

The breath should be long and deep, starting at the belly, lifting up to the collar bones.

Keep going at your own pace, slowing things down as you relax in to the exercise.

Start by trying this just for two minutes to see how you get on. Keep going for longer if you want, experiment with what works for you.

Of all the positive changes a person can make, learning to breathe deeply and completely is probably the most effective way to relax, reduce stress and increase vitality.

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