

Calm & Connect

by Aurora Johansson

Victorious Breathing

Sit in a comfortable, relaxed, upright position.

Close your eyes or have them at half mast.

To experiment, take a full breath in through your nose. Exhale through your mouth and pretend to fog a window in front of you.

Keep the same very gentle restriction in the back of your throat as you breathe through your nose now. Inhale for a moderate count of 5, hold for 1, exhale for 5 and hold for 1.

Continue in this way for at least 2 minutes, focusing on the evenness of your breath. If you get distracted or notice tension in your body, relax the area and bring your attention back to your victorious breath.

Benefits: This breathing calms your central nervous system, creates body and breath awareness.

Caution: If you have serious health conditions, in particular high blood pressure or emphysema, consult your doctor before trying this exercise.

Please contact me with any questions that arise



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