



A Quick Breathing Technique

ENERGETIC BREATHING/BELLOWS BREATH ENERGIZE THE BODY AND CLARIFY THE MIND

This breathing exercise should be done as soon you wake up in the morning or right before exercise.

This is not like a normal breathing technique. You will be breathing really quickly and really fast.

During this practice you will usually do about 20 breaths per minute or faster.

You only breathe through your nose.

Due to the nature of this technique do not do it before bedtime and do it sparingly.

You are going to do 3 rounds of 20 breaths ONLY.

This technique MUST be done in a seated position only!

Every breath out is a forced breath like you have been kicked in the stomach, almost like a sneeze though your nose.

Don't forcefully inhale during this technique, with each exhale you relax your body and it will fill with air on its own.

Begin by sitting up tall, face and shoulders relaxed.

To prepare take a few slow deep breaths in and out of your nose. With each inhale expanding your belly as you breathe.

Now, exhale fully and forcefully out your nose like you have been punched in the stomach - for 20 breaths.

Make sure the breath comes from your stomach and remain still as you breathe.

After 20 breaths, relax, and breathe normally.

Then continue for another 20 quick exhales.

Stop and breathe naturally.

Now continue for the last 20 quick exhales.

When you have completed three rounds of 20 breaths, take a few more deep breaths in and out.

Make sure you are mindful of how you are feeling. If you get light-headed stop.

Most people will feel energized and ready to take on the day.

Enjoy!

