



Breathing Techniques

Breath for Calm

Equal Part (Ratio) Breath

- Great for beginners
- Intention 5-6 breaths per minute

Cooling Left Nostril Breathing

- Calming
- In left out right

Bee's Breath

- Humming sound relieves stress

Also visit [Duke Integrative Medicine](#) for scholarly research on mindfulness!

Breath for Energy

Breath of Joy*

- Stand with feet apart, 3 inhales and exhale release with arms falling to sides
- See how [here](#)

Bellows Breath (Bhastrika)*#

- Start seated with a long spine (no slouching), fist hands and bend at the elbows. Bring arms close to the torso.
- On the inhale, send arms straight above the head and open palms.
- On the exhale, fist hands and bring the arms close to the body again.

Right Nostril Breath

- Increases heat, energy
- In right, out left

***Avoid if high blood pressure is uncontrolled
#Avoid if you have panic disorder**

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