

BREATHING & BALANCING

BREATHING

Sit up tall, close your eyes and try these three different ways of breathing.

BEAR

Breathe in through your nose for a count of five, then hold in for a count of three. Breathe out for a count of five, then hold out for a count of three. Repeat for 5-7 rounds.

SNAKE

Take a deep breath in, filling up your whole body. Pause and breathe out slowly and smoothly, making a hissing sound for as long as you can. Repeat for 3-5 rounds, feeling yourself slow down and become calmer each time.

BEE

Breathe in fully and as you breathe out hum like a bee. Make sure your face and lips are soft so you can feel the vibration. Repeat for as long as you like and experiment humming from high to low - notice the difference. Open your eyes and notice if you feel calmer.

BALANCING

To balance properly without too much wobble requires concentration. Focusing the mind on the balance pose can be really good at making you calm.

TREE

- 1) Stand in straight feet together, put roots down.
- 2) Palms to chest, tuck one foot inside the opposite leg.
- 3) Stretch your arms out like branches.
- 4) Bring your hands together above your head.

AIRPLANE

- 1) Stand with your feet parallel and under your hips.
- 2) Breathe, focus and stretch one leg back.
- 3) Tip forward until you are parallel with the floor.
- 4) Spread your arms out like wings.

BOAT

- 1) Hug your knees, feet on the ground.
- 2) Put your arms behind your back, toes pointed.
- 3) Lift up your legs.
- 4) Stretch out your arms and balance.

