



Educating Minds
Expanding Hearts

BREATHE TO FEEL EASE

Breathing slowly and mindfully activates the brain to trigger a **relaxation response** in the body. Your improved breathing will help regulate the oxygen flow in your blood, making you more alert.

Try this **1-minute breathing exercise** to boost blood oxygen and feel the calm beginning to return:

Professional yoga therapist Felice Rhiannon uses this one-minute breathing practice whenever she's feeling frazzled or restless. It is a centring activity based on a slow inhalation and an incremental increase in the length of exhalations.

- ❖ Inhale to the count of two
- ❖ Exhale to the count of **two**
- ❖
- ❖ Inhale to the count of two
- ❖ Exhale to the count of **three**
- ❖
- ❖ Inhale to the count of two
- ❖ Exhale to the count of **four**
- ❖
- ❖ Inhale to the count of two
- ❖ Exhale to the count of **five**

Breathing in always for **two seconds** but extending the time taken to breathe out is the key. Repeat several times until you feel better, then return to your normal breathing.