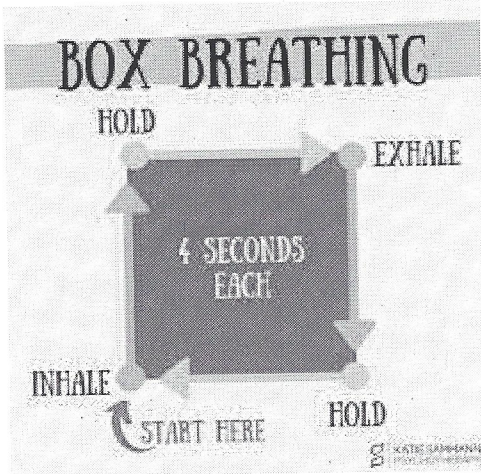


Empowering yourself through breathwork

Anyone can benefit from the three different breathing techniques listed below. They are easy and quick ways to calm our nervous system and rejuvenate our minds! You can do these before you walk into a job interview, join a video meeting, take that stressful test, or simply need a moment to ground yourself after a long day.

"When we feel out of control in our lives, we can always control our breath. This in itself is incredibly empowering!" -Robyn



Box Breath : 2-5 minutes

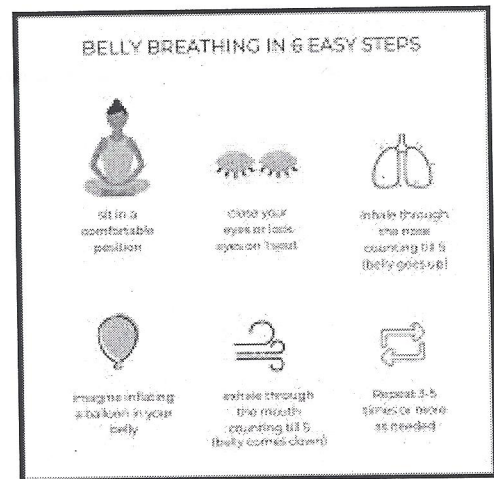
Breathe in for a count of 4
Hold your breath for 4
Breathe out for 4
Hold your breath for 4
repeat

Benefits: mental clarity, anxiety relief, gives our busy mind a job, re-centers and grounds us, and improves concentration.

Belly Breathing: 3-5 minutes

Sitting or lying down in a comfortable position, place your hands on your belly. Inhale through your nose all the way to your belly, hold, exhale a cleansing sigh out of your mouth as you contract your belly towards your spine

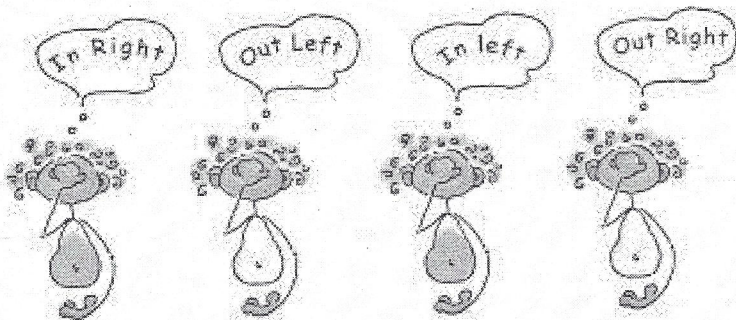
Benefits: reduces heart rate and blood pressure, relaxes our mind and body, allows more oxygen flow into the body and brain helping with concentration, recall, and working memory.



Alternate nostril breathing: 3-5 minutes

Place your thumb on your right nostril. With this nostril covered, close your eyes and exhale fully and slowly through your left nostril. Once you've exhaled completely, release your right nostril and put your ring finger on the left nostril. Breathe in deeply and slowly from the right side.

Benefits: manage stress and anxiety, lower blood pressure, lower heart rate, improve lung function, improve brain function.



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