

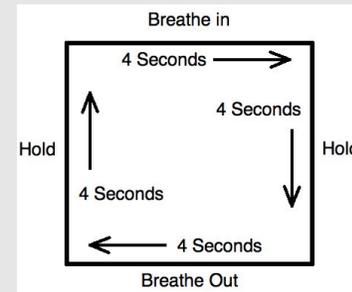
3 Stroke Breath

- Lock your palms together by overlapping the fingers of each hand and crossing the thumbs
- With your right hand on top of the left hand, hold the hands at the centre of the chest
- Inhale in three strokes through the mouth, filling your lungs
- With each stroke squeeze your hands together, creating a pulse in the hands to coincide with the breath
- With each stroke, gentle pull in the navel point to stimulate the diaphragm
- Exhale through the nose in one stroke, keeping the hands together but do not squeeze them



Box/square breath meditation

- On both hands, press the tips of your index fingers against the tips of your thumbs, stretching the other fingers straight. Rest your hands in your lap or on your knees
- Inhale slowly to the count of 4, hold the breath in to the count of 4, exhale slowly to the count of 4, hold the breath out to 4



Alternate Nostril Breathing

- Throughout the day, one nostril is clearer, more dominant, and this alternates every 90 to 150 minutes. So it's worth trying these variations at different times of day. Breathing through each nostril has different associations
 - LEFT = cooling, cleansing, calming
 - RIGHT = focus, alertness, vigour
- 1. Close right nostril, inhale & exhale through the left
- 2. Close left nostril, inhale & exhale through the right
- 3. Open & close each nostril to inhale left, exhale right
- 4. Swap sides to inhale right, exhale left
- 5. Release the hands into the lap, breathe normally



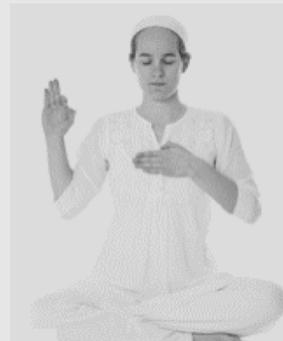
3 chambers breath

- Place one hand against your belly and the other hand on your chest
- Visualise three chambers or balloons that inflate and deflate as you inhale and exhale
Chamber 1 is your belly - large
Chamber 2 is your chest - large
Chamber 3 is just under your collar bones - small
- Inhale slowly and deeply into your belly so it expands and you feel your hand move forward; continue your in breath, raising it up into your chest, feeling the movement in your other hand; finally lift the breath into the area just under your collar bones
- Hold the breath in for a few seconds and then slowly exhale, watching in your mind's eye as Chamber 3 empties and the breath descends into Chamber 2 and then finally Chamber 3 as your belly contracts. Gently pull your belly in towards the backbone, to expel every last drop



Calm heart

- Place the left palm flat against the centre of the chest with your fingers parallel to the ground
- Press the tip of the index finger to the tip of the thumb on the right hand, the other fingers point up
- Raise the right hand and forearm straight, with the elbow relaxed by your side
- Close your eyes and focus at the brow point, concentrate on the flow of the breath
- Inhale slowly and deeply through the nose, hold the breath as long as possible and raise the chest
- Exhale smoothly, gradually and completely. When the breath is totally out, hold it for as long as you can
- Continue with this breathing pattern, do not hold the breath so long that you gasp on the exhale
- To end, inhale and exhale strongly three times, relax for 60 seconds



Shoulder shrugs

- Inhale and squeeze your left shoulder up to the ear, exhale and squeeze your right shoulder up while relaxing your left shoulder down
- After a while, change the breath so you're inhaling the right shoulder up
- After a while, move to double shoulder shrugs, squeeze both shoulders up, exhale and let them drop, continue

