



BREATHING WORKSHEET

Our breath should flow like energy, not restricted or restrained. Below I have given you a simple diagram to follow for optimal mindfulness on your breath. Breathwork opens up your energy and grounds you.

01

Place one hand on your abdomen above your belly button and one hand on your upper chest.

02

Relax your abdomen.

03

Breathe in through your nose and fill your lungs.

04

Allow your lungs to expand downward and move the bottom hand.

05

Avoid shallow chest breathing or raising your shoulders.

06

Exhale slowly through pursed lips.