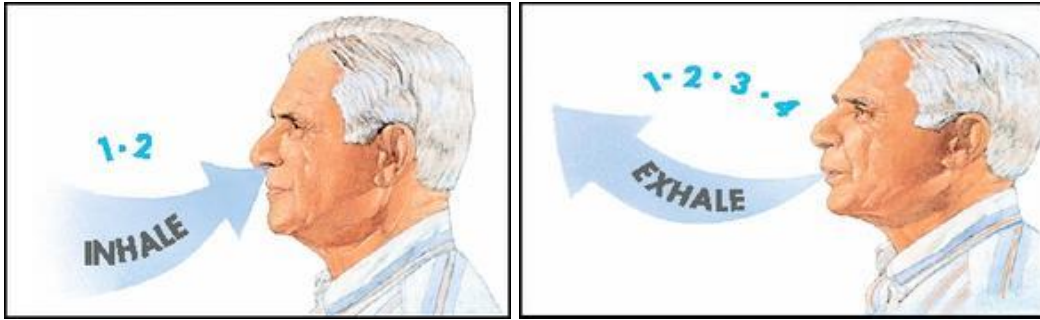


Pursed Lip Breathing

This is a powerful technique to reduce anxiety and calm your body. For a guided audio meditation describing this technique, go to: www.art-of-yoga.com/guided-meditations



Preparation

- Sit in a tall, relaxed posture
- Bring your heart directly over your hips and your head over your heart
- Soften through the shoulders as you gently lengthen and grow taller through the back of the neck
- Purse up your lips, like you were getting ready for a kiss or to drink through a straw

Step One

- Inhale gently through your nose for a count of 1-2 seconds
- Exhale slowly through your pursed lips
- Let the exhale take as long as possible, elongating it to 4-6+ seconds

Repeat _____ times, _____ times per day,
or as needed

Sensing

- *Imagine you are breathing out a straw or as if you were blowing on a candle-flame that you wanted to flicker, but not blow out*
- *Let the inhale move into your belly, try and limit the movement of your upper chest and shoulders*

Benefits

- Decreased stress and anxiety – this is a great technique to calm an acute panic attack or feelings of stress
- Improved respiratory capacity
- Decreased neck and shoulder tension and pain
- Increased core strength