



PRACTICING CONSCIOUS BREATHING IS GOOD FOR YOU.

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AWARENESS OF BREATH EXERCICES



EXERCISE 1: AWARENESS OF BREATH

We start by finding a comfortable sitting position with your spine straight. Sitting as tall and comfortably as possible. This could be on a chair, or on the floor.

Now draw your focus to your breathing without changing how you are breathing. Just notice how you are breathing.

Are you breathing fast or slowly?

Are you breathing high up in the chest, shallowly?

Notice if your chest expands as you breathe.

Notice if your tummy pulls in or pushes out as you breathe in.

Does your tongue sit at the bottom of your mouth or in the middle or on the roof of your mouth?

Observe how the breath feels for you right now. Does it feel easy or a bit more challenging?

We will now start to change the breath.

Explore breathing in and out through the nose.

See if you can keep the tongue resting on the roof of the mouth rather than on the bottom.

Feel the air coming in and out through the nose. Keep breathing as you observe this.

Draw your attention then to the chest and notice if the chest is expanding as you breathe in and soften back in when you breathe out. If not, then start to consciously do this. As your lungs fill with air and expand, the ribs must expand to allow the space for the filled lungs. As your lungs expand and fill, your diaphragm, the main 'breathing muscle' pushes down to allow space for the lungs and so the tummy needs to expand or push out as well.

Keep your breathing light, soft and deep. Close your eyes if you feel safe doing so. Keep breathing like this, very present on the moment and all the processes and thoughts and sensations, noticing the emotions that you may feel, for as long as you wish to.



EXERCISE 2: 1:2 RATIO

Use this breath when you are feeling anxious, nervous, over excited, or worried. It is useful to do when you can't sleep at night. It is a wonderful breath to use in anger management in both adults and children. Giving you time to pause, calm down and respond rather than react.

Breathe in through the nose, remembering to breathe with the chest, the diaphragm, and the tummy. Exhale through the mouth through softly pursed lips, have the lips softly and slightly open as if breathing through a straw or gently blowing out a candle. The exhale should be twice as long as the inhale. So, if you breathe in for 3 then breathe out for a count of 6.

It is also useful in times of high emotion to bring your one hand to your heart as you breathe like this.

Do this any time in the day that you feel it could help you. Do it wherever you are, standing, sitting, lying down, in public or on your own. Try it in as many situations as you can to experience the effects. Notice how the breath has made you feel in the body and the mind.



EXERCISE 3: SQUARE OR BOX BREATHING

As the name suggests, in this technique we breathe in four equal parts.

Inhale, hold, exhale, hold.

Breathing in and out through the nose.

Start with a count of 3. Breathing for 3, hold for 3, exhale for 3 and hold for 3.

As you feel comfortable with a count of 3 increase it to 4 and then 5.

Be aware of any tension or effort around the breath hold. You have plenty of oxygen in your body to sustain a long hold just relax into it.

This breath is very calming and balances the nervous system.

Try to practice for up to 10 minutes a day!



EXERCISE 4: BUMBLE BEE BREATH

This technique is a wonderful breath to include in a wellness program when recovering from Covid. It is also fantastic to use to build up resilience before you get Covid, due to the increased production of nitric oxide while humming.

Bumble bee breath is very effective for anxiety and can be used as soon as you feel the anxiety coming on or once anxious.

As we breathe in through our nose it produces nitric oxide which is anti-bacterial, anti-viral and anti-parasitic. While we hum that production spikes, making this the magic of bumble bee breath, especially in the recovery from and wellness protocol against covid.

In bumble bee breath we also use our hands to block off the sense of sight by placing the middle and index fingers gently over the eyes, and sound by pressing the thumbs softly next to the ears. This is very beneficial when we use bumble bee breath for anxiety.

As we always do, find a comfortable position, sitting, tall spine. On the exhale place the index and middle fingers over the eyes and press the thumbs in front of the ears. Breathe in through the nose and exhale with the sound M, a long hum until you need to take another inhale.

It is ideal to practice for up to 10 minutes a day.

If you are practicing this breath specifically for the humming benefits, you can also do it without blocking off the senses. If you are in a public space and need the calming effects of this breath find a secluded spot or a parked car in which to practice.