

CENTRAL NERVOUS SYSTEMS



25,000 BREATHS per day

I

DO WE EVEN REALIZE THE HOW?

EXERCISE:

SELECT IDLY + 30 MINS IN IT

IT'S ABOUT ANAWARENESS

! commit to the promise you give yourself whenever it:

- choose a space that feels good (generally outside)
- choose an object you focus your attention on (like a tree, bird, lake, person)
- focus on your breath
- maybe rest your hand on your heart

listen, experience presence

WRITE ONE WORD!

AFTER:

BEFORE:

4-7-8 OR 4-4-4 (BOX BREATH)

INHALE

EXHALE

PRANAYAMA - NADI SHODHANA

subtle "vital life force"

right thumb + right nostril  
Finger + middle finger - center of forehead / third eye  
Inhale through left nostril & exhale 5 times  
THEN SWITCH

OTHERS TO RESEARCH: BUTTERFLY, WIRTHOF, SONYA, SHAMANE, HOTOIRIC

# Story III: BREATHING

EXERCISE:

If there is a situation in the next week when you experience any of THESE

considerably put yourself FIRST + TAKE 5

- excuse yourself
- close your eyes
- take 3 very deep breaths + seek out a soft place
- feel yourself fully, mindfully, lovingly, compassionately

CAUSES / EFFECTS

II

- DISRUPTED SLEEP
  - STRESS / ANXIETY
  - POSTURE: hunched over OR SUPERHERO POSTURE
  - AWARENESS of LIFESTYLE
- ↳ too little exercise + a lot of sitting

INSUFFICIENT RELEASE OF CARBON DIOXIDE (reduced detoxification)

REDUCED OXYGEN INTAKE (fatigue, azeai - or foggy)

MUSCLE TENSIONS (aoshure)

feelings of being trapped not comfortable in your life in a situation

FIGHT OR FLIGHT mode

also not do this when you are ill or short of breath!