

### **3-Inhalation Cleansing and Relaxing Breath**

This technique stimulates oxygen flow, which cleanses, clears, and soothes your mind and your body. It focuses on the breath that moves in your upper chest. This technique focuses on 3 breaths. Each breath is comprised of 1 – 8 inhalations and one exhalation.

*Try it:* Open and lower our eyes to soften your focus. Take in 1 to 8 short, staccato, breathes through your nose, filling your chest. Then gently exhale through your mouth. Perform three sets of 1-8 inhalations to 1 exhalation.

*Notes:* Try to keep your shoulders down. You might notice at the end that you feel lightheaded.

**Area:** Mindfulness