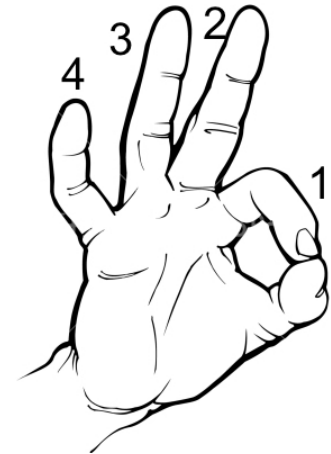




## *Energising* Breath Exercise

**This Breath Exercise is taken from Kundalini Yoga and is designed to waken you up**

*This exercise will relax and energize you. It is a great quick pick-up when you have only a few minutes. You can do it at strategic times (before meals, meetings, driving home, etc.) or when you begin to feel tired. With this breath, you move and breathe in a way that stimulates your immune system –in a way that makes you feel healthy, makes you feel strong. Great first thing in the morning*



**This exercise can be done sitting or standing but it is great to add movement while doing it. Do it while walking, dancing or moving for a more energized experience.**

### STEPS

- Start with an exhale, emptying out the lungs
- Inhale through the nose breaking the breath into 4 equal parts of sniffs, filling the lungs completely on the 4<sup>th</sup>
- Exhale through the mouth, again breaking the breath into 4 equal parts, emptying the lungs completely
- The rhythm is like sniff, sniff, sniff, sniff (4 inhales through the nose) followed by sheww, sheww, sheww, sheww (4 exhales through the mouth)
- You will notice a change in your state of mind after about 5 minutes, though it often only takes one minute to feel energised and ready for action

### Movement

Before you start you can shake out your body a little bit, make everything loose. Then when you walk add some authority to your step. Experiment with your movement to find happy movements, playful movements, strong movements.

### Tapping

You can stimulate your meridians (your energy points) and support the rhythm using your fingers as you breathe. Use your thumb on each hand to tap each finger beside the thumb in turn. As you breathe in, touch each finger in turn and as you breathe out touch each finger in turn