

# Deep Breathing Exercises

## Oxygenizers

**Inhale completely** while reaching arms up, back, or to the sides.

**Exhale completely** while reaching or bending forward, or lowering arms.

**Sitting Breathing:** Sit straight in chair and fill lungs completely with air, then exhale.

**Sky Reach:** Stand straight with feet together and finger tips on shoulders with elbows out at sides. Reach up. Return to the original position.

**Forward Reach:** Stand straight with arms out at sides and palms up. Bend forward while extending the arms in front of the body with palms down. Return to original position. ...In place of the regular position, you can lean back, pull the arms back, and stick out the chest.

## Body Strengtheners

*Fill the lungs 75% to maximize strength.*

**Power Generator:** Inhale while holding the abdomen in and tightening the sphincter. Squeeze the abdominal muscles and push out the arms while hissing the air out through the closed glottis and teeth in 3-5 seconds. Blast out the remaining air with an explosive grunt.

**Internal Massager:** Exhale all air from the lungs. Suck in the abdomen in a vacuum and hold for 5+ seconds. The vacuum can be pulsated for massage effect.

## Spiritual Uplifters

**Breathing Out sadness, grief, and sorrow to restore courage and surrender:**

Sit in a chair with back straight and feet flat on the floor. Slowly inhale through the nose, imagining bright white light filling the lungs. Pause, then slowly exhale through the mouth, imagining dark, smoky air going out. Repeat 5 times.

**Breathing Out fear to restore calmness and clarity:**

Sit in a chair with back straight and feet flat on the floor. Slowly inhale through the nose, imagining sky blue light entering the lungs and going into the kidneys. Pause, then slowly exhale through the mouth, imagining dark, smoky air going out. Repeat 5 times.