



# 803

## Breathing Exercises

### Resonant breathing

Stand tall. Place your hands on your lowest ribs.

Work on long inhalations through your nose, followed by long exhalations through the mouth, shaped as if you were playing a flute or whistling. Feel your stomach rise on the in-breath and fall on the out-breath. Use your core muscles consciously as you do the breaths.

You can also do this lying down with books on your stomach, watching them rise and fall with your breaths.

### Hissing breathing

Start as with resonant breathing, inhaling through the nose – but this time hiss the breath out, making the exhale as long as possible.

This is a cleansing breath. Work on lengthening your in and out breaths. Feel the serenity that arises from this practice.