

Bye-Bye Blues

(rolls away black clouds)



FOR ANYWHERE

EFFECTS

Use this to chase away blue moods. If you are prone to depression, making this part of your daily routine will help to keep sadness at bay.

HOW TO

1. Come into your favorite seated position, with your spine straight. If you are in a chair, bring both feet flat on the floor.
2. Hold both arms straight in front of you, parallel to the floor.
3. Make a fist with your right hand, thumb extended in the “thumb’s-up” position.
4. Take your left hand and wrap your fingers around your right hand (make sure both thumbs are next to each other and straight up).
5. Focus your eyes on your thumbs.
6. Inhale for a five-second count.
7. Exhale for a five-second count.
8. Hold your breath out for 15 seconds.
9. Repeat the breathing pattern for up to three minutes.

TO END

10. Inhale and hold your breath while squeezing and tightening every muscle of your body.
11. Exhale, relax, and enjoy the effects.

Note: For beginners, when holding your breath out, you can start with a shorter count (five or ten seconds).



BREATH WORK



EASY



SEATED