

Calm Heart

(balance your emotions)

EFFECTS

Use this when you are overwhelmed by emotions, whatever they may be. Whether it is anger, sadness, or frustration, this exercise can help you to calm down and become centered. This is great for kids and teens.

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. Press your palms and fingers together at your heart center. Thumbs are touching the sternum. Eyes are closed.
3. Inhale through your nose in four equal parts until your lungs feel full.
4. Exhale through your nose in four equal parts until your lungs feel empty.
5. Continue for up to three minutes.

TO END

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



FOR ANYWHERE



BREATH WORK



EASY



SEATED