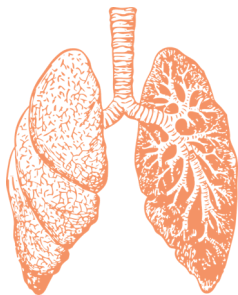


Special Simple Breath



Deep Breaths

- In through the Nose Out through the Nose or Mouth
- Relaxed Comfortable Even Inhale & Exhale

Full Breaths

- In through the Nose Out through the Nose
- Inhale- Deep Full Cavity Start from Belly and all the way Up to Crown
- Exhale-Deep Full Cavity Slow and Steady Release

Ujjayi (Ocean) Breathing

- In through the Nose
- Out through the Nose
- Ocean Sound (hhhaaaa) on Exhale

“I Am” Breathing

Inhale "I"

Exhale "Am"

(End with 3 Ujjayi Breaths (Ocean Sound on exhale))



Simple Meditation:

1. De-Stress- Color Wash
2. 3 Deep Breaths- 3 Full Breaths
3. "I Am" Breathing (at least 5),
Inhale "I"
Exhale "Am"
End with 3 Ujjayi Breaths
4. Visit Sanctuary/ Connect with Source
5. Gratitude
6. 3 Ujjayi Breaths

