



Releasing Breath Script

“Create a comfortable seated or laying down position (or your begining position). Allow your natural breath to flow.

Feel the connection to the natural curves of your spine. Allow your entire body to rest - your fingers, hands, arms, neck, face, jaw, throat -

Belly, pelvis, legs and feet.

Even though this breath is relaxed, remember that if you get dizzy throughout this practice, or your feel pressure build in your eyes, ears or head, release the breath-work and return to your breath’s natural flow. Return once the dizziness subsides with a more gentle approach.

It looks like this —> demo 5 breaths.

You will go for 3 minutes - break when you need. I’ll give you time cues throughout.

Let’s go! Take a deep breath in, fill all the way up, feel your side body expand, let your natural exhale come out, without force, but with a natural sigh out.

Continue at a steady pace, like the waves in the ocean - rhythmic and flowing: fill up with each inhale - feel your ribs and belly expand, and exhale softly naturally, yet audibly.

Continue.

(Pause and count silently for timing)

Cue once the first minute is up, then the second minute, at 3 minutes continue reading. Cue encouragement throughout if you fee inclined to do so.

Take one last deep inhale... hold at the top, soften your face... and exhale completely. Return to your natural breath.

Notice any senesations - perhaps a tingling in your skin, a clear mind, or maybe a bright, lifted energy. Feel your body, your aliveness, your capability, your progress. Carry a sense of vitality and confidence with you as you move into the rest of your day (or evening).

Remember - you are more capable than you know! Your true power rests in your ability to bring both strength and softness - together - flowing as one.

Thank you for joining me today! If you have any questions, please let me know, and remember to drink lots of water.