

## ***Breath Practice***

### Seated on the floor or on a chair:

1. Sit with shoulders over the hips and ear lobes over the shoulders
- \* 2. Place one hand on the chest and the other on the lower abdomen (below the navel), or lay your hands by your sides/in your lap
3. Allow the neck and shoulders to relax fully.
4. Breathe softly and slowly through the nose.
5. On the **exhale**, encourage **contraction** of the lower ribs and abdomen
6. On the **inhale**, encourage **expansion** of the lower ribs and abdomen
7. Continue for 2-4 minutes, as long as no tension creeps into the neck/shoulders
8. End the practice by releasing the hands from chest and abdomen as you continue to breathe through the nose.

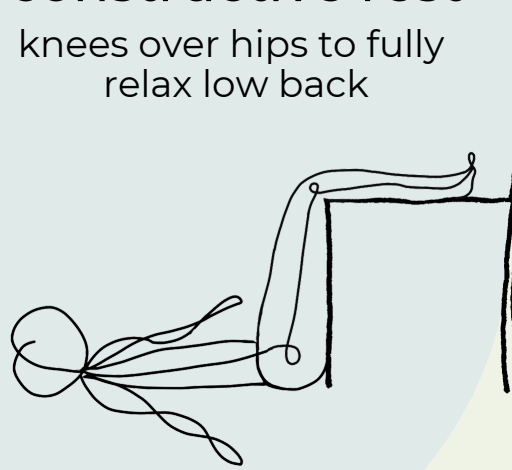
### Lying on your back:

1. Lie with calves fully supported on a chair, as depicted in the image; OR, lying on the floor, bend knees with feet on the earth wider apart than your hips. Let the knees fall toward each other & rest.
2. If chin feels higher than your forehead, support the back of your head with a small, folded towel or pillow to level the forehead & chin.
- \* 3. Continue as above at Step 2.

## ***Posturing for Breath Practice***

### **Reclined in constructive rest**

knees over hips to fully  
relax low back



### **Seated**

on the floor or on a chair



# ***Breathing***

F O R Y O U R

# ***Health***



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# Your Breath Questionnaire

We all breathe. Have you ever wondered if your breath patterns are serving you well? We have created this questionnaire to promote awareness around your breath patterns and to help identify if you have any dysfunctional patterns that would benefit from further inquiry.

There are 15 items to be answered on a 5-point scale ranging from 'never' (0) to 'very often' (4).

A total score of more than 23 out of 60 offers insight to consider further inquiry into your breathing habits. Consider answering this questionnaire a few times during the week to get a more comprehensive perspective. If you would like more resources to optimize your breath, reach out to [admin@belovedyoga.com](mailto:admin@belovedyoga.com)

There is significant research available regarding how your breath patterns play a role in your well being. In pursuit of optimal well being, there are tools that may help you transform mouth breathing to nostril breathing.

If you do not have a daily breath practice, consider this an opportunity to begin one! On the back of this pamphlet, you will find step-by-step directions for an introductory breath practice.

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DESCRIPTION	NEVER (0)	ALMOST NEVER (1)	SOMETIMES (2)	OFTEN (3)	VERY OFTEN (4)
How hard is it to consistently breathe through your nose?					
How often during the day do you feel tense or stressed?					
How often do you mouth breathe?					
Are you prone to sleep apnea/snoring?					
Are you a mouth breather at night?					
Do you have poor posture?					
When you breathe, do you feel the chest muscles moving?					
Do you quickly run out of breath/energy when exercising?					
Do you quickly run out of breath/energy when talking?					
Is your breath audible?					
Do you feel you cannot breathe fully?					
Is your daily breath practice less than 5 minutes/day?					
Is your breath irregular or unrhythmic?					
Is the pause after your exhale frequently less than 2 heart beats?					
Do you feel you have insufficient time for your own needs/desires?					