


WILDLINGS ireLAND - BREATHE & RELAX

 @WILDLINGS_IrELAND_YOGA



BREATH WORK

COUNTING BREATH

INHALE 1 2 3 4

EXHALE 1 2 3 4

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INHALE 1 2 3 4

EXHALE 1 2 3 4 5

-

INHALE 1 2 3 4

EXHALE 1 2 3 4 5 6

-

INHALE 1 2 3 4

EXHALE 1 2 3 4 5 6 7

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INHALE 1 2 3 4

EXHALE 1 2 3 4 5 6 7 8



*WHEN OUR EXHALE IS LONGER THAN OUR INHALE, IT CALMS US DOWN REALLY QUICKLY!

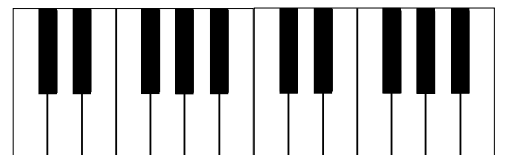
PIANO BREATH

INHALE & PRESS DOWN WITH YOUR FIRST FINGER

EXHALE & PRESS DOWN WITH YOUR SECOND FINGER

INHALE & PRESS DOWN WITH YOUR THIRD FINGER

EXHALE & PRESS DOWN WITH YOUR FOURTH FINGER



RECOMMENDATION



Namaste