

During Each Exercise, Be Aware Of:

- Changes In Breath
- Tension
- Calm
- Release
- Constriction
- Openness
- Numbness
- Heaviness/Lightness
- Sleepiness/Wakefulness

- Feelings of Detachment
- Altered Energy
- Changes In Emotions
- Thoughts & Images
- Beliefs
- Sensations in Specific Parts of Body
- Pain & Discomfort

Before & After
Each Exercise, Journal
What You Are Experiencing



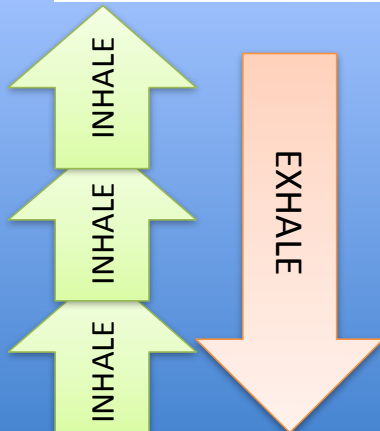
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Exercise: Deep Belly Breathing

Also referred to as The 3-Part Breath



CAMILLE ARAGON | YOGA



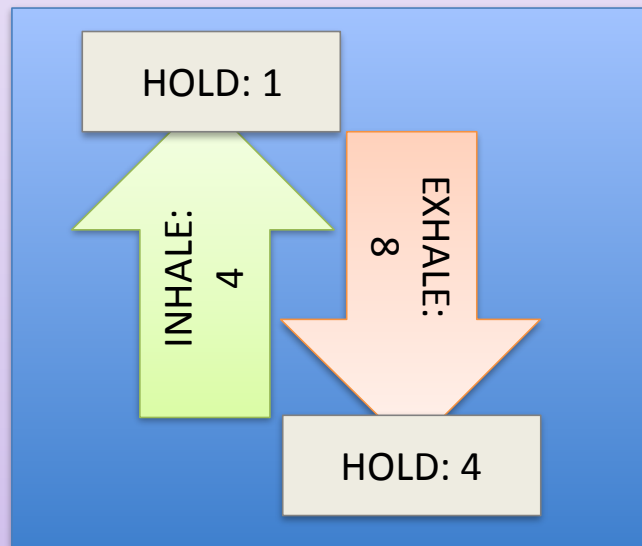
Belly Breath



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Exercise: 2:1 Ratio Breathing

Extending exhale to elicit calming response.



- Inhale To Count of 4
- Hold To Count of 1
- Exhale To Count of 8
- Hold To Count of 4
- Repeat Cycle 5 Times



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Exercise: Balanced Breathing

1

- Sit up straight
- Cross left ankle over right ankle

- Extend both arms out straight in front

- Cross right arm over left arm at wrist



2

- Rotate palms & interlock fingers

- Rotate hands down toward stomach

- Continue rotating inward bringing hands to chest



3

- Breathe in through nose

- Breathe out through mouth

- Repeat 5 times



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Images from Paula Shaw

