



## **Eagle Breathe**

This week, we invite you to learn and practice the “Eagle Breathe”. If you can practice a few times a week, this breath technique can help you connect to your feelings and you can magic up some happiness and joy.

### **Benefits**

- Brings you into the present moment
- Connects you to how you are feeling
- Slows the breath down to activate the 'rest & digest' system
- Exercises the imagination

### **Read & Breathe...**

It's really important to talk about how you are feeling. Who's your favourite person to share your feelings with? Let's think of them now. Close the eyes. Bring that person to mind and take a few breaths in and out through the nose. Breathe in slowly, breathe out softly. Can you visualize this person clearly? Breathe in slowly.....breathe out softly. Create a little smile on the face. Breathe in slowly..... breathe out softly. Let that image fly away now. Now blink open the eyes and let's prepare for the Eagle Breathe

### **Garuda Mudra**



Find a comfortable position, spine nice and tall.

Let's find our wings....Cross the forearms at the chest.

The wrists are crossed and the palms lay flat on the upper chest which are just below the

collarbones.

Locking opposite thumbs together to make magical wings with the hands. Spread the fingers flat to the upper chest, just like wings. (see Garuda Mudra pic or copy Russell in the video)

Place the crossed palms of the hands at the heart centre, palms resting on the chest, over the heart space. Maybe you can imagine your hands as colourful wings. What colour could they be?

Let's take a breath in now through the nose. Sip in a little more air, allowing the breath to come up into the upper chest. Feel the heart expand like the wings of a bird in flight. Can you feel your hands rise with the chest at the peak of the inhalation?

Breathing out feel the heart soften as the air leaves your body.

As you breathe in and out through the nose, connect with something you love to do, a place or activity, which makes you really happy, dancing, reading, playing with a friend, breathing? Visualise anything that you would love to be doing right now. We will be breathing 5 more rounds like this.

Close your eyes to really allow yourself to imagine yourself enjoying this activity with each breath. Breathe in through the nose. Breathe out through the nose (repeat five times)

Keeping the hands in the same position and keeping the eyes closed (if this is comfortable), now we are going to breathe five more times feeling the heart and hands expand. As you do this, imagine an experience you haven't encountered yet, something that you know you would love to do one day in the future.

Use your imagination to take you there, as you breathe slowly and softly into the heart space, lengthening the breath in, to bring the breath to the heart space, underneath the wings of your magical bird hands. Keep the breath flowing. Breathing in and out slowly while imagining yourself doing this one thing you have always wanted to do. Take 5 more breaths.

Lastly, bringing your mind back to that one person you can tell all your feelings too - it could be someone in your class, your school or maybe a member of your family. You can close your eyes to deepen this feeling and to really allow the picture of this person to become clear. Repeat 3 - 5 breaths. Feel grateful for this one person in your life. Filling the heart with gratitude.

Blink the eyes open and relax the hands down. How do you feel? Do you want to write down how you are feeling? Or maybe tell someone nearby how you felt during this breath exercise. Take a couple of minutes to do this and then enjoy your day in a calmer frame of mind.

### **Quote of the week**



*“Don’t look down it’s an impossible view,  
fly like an eagle whatever you do”*