



## **MOUNTAIN BREATH**

This week's breath technique is well practiced by elite athletes, CEO's, Navy SEALS and yogis all around the world. Mountain Breath, or Alternate Nostril Breathing, as it's often referred to, is one of the oldest breath exercises on earth and has been practiced for 1,000 of years. And for good reason...see all its benefits below:

### **Tips and Advice**

You may need some tissues handy for this one. Best blow the nose before breathing, especially if any of the children have a cold or blocked noses.

Habit Anchors: This is a great one to practice at the beginning or the end of the day and children can even practice this at home before they go to sleep. Remember a little and often practice is the key!

### **Benefits:**

- Builds emotional resilience
- Soothes the nervous system
- Regulates body temperature
- Balances left and right sides of brain
- Increases lung volume
- Reduces blood pressure and heart rate

### **Breathe...**

- Sit in an upright but relaxed position.
- Take a few long slow breaths in and out of the nose: when you breathe in feel the belly rise and sitting bones connect with the floor or chair.

When you breathe out, soften the shoulders, face and jaw. Always allow space between top jaw and bottom jaw. Relax the hands and face. Overthinking a situation can make the facial muscles tense - encourage these muscles to soften.

- Scan your body for any tension or feelings. Are there feelings in the heart? Pit of your stomach? Jaw or head? Or maybe there is an overall numbness. Recognise if there are any sensations in the body.
- Raise your right hand to your face and using your index or ring finger, press on the outside of your LEFT NOSTRIL, enough to block 90% of the airflow.
- Inhale slowly through the RIGHT NOSTRIL.
- Hold the breath in momentarily with your awareness on the expanse of the lower belly.
- With the right thumb, BLOCK THE RIGHT NOSTRIL, and
- BREATHE OUT slowly through the LEFT NOSTRIL. Visualise the air leaving the body to be a dark colour. Allow the exhale to be longer than the inhale.
- Now breathe IN THROUGH THE LEFT nostril, hold the breath and (release the thumb) breathe OUT THROUGH THE RIGHT nostril.
- Then BREATHE IN through the RIGHT nostril. Suspend the breath. BREATHE OUT through the LEFT.
- Repeat this rhythm 5 – 20 rounds.
- For the final round, take a few breaths through both the nostrils.
- Notice if any of these feelings are lighter or maybe if this energy starts to move you may notice tears or ripples of energy throughout the body.



*“Just like children, emotions heal when they are heard and validated.”*