



MENO CLINIC
CENTER FOR FUNCTIONAL MEDICINE

Breathing Exercises

Close your eyes, keep your back straight

Let your arms rest at your side.

Place both feet on the floor.

Let your eyes close, feel your breath - your life force - fill your chest. As you exhale, let all of the tension leave your chest.

Breathe in again. This time so deep your belly moves. As you exhale, let all the tension leave your belly.

Breathe in again. This time visualize the breath filling your legs. As you exhale, release all of the tension in your legs.

Breathe in again. This time visualize the breath filling the muscles of your neck. As you exhale, release the tension in your neck.

If you feel an electric energy, that's okay. It is just communication between your mind and body.

As thoughts enter, let them pass, they are like clouds in the sky

Breathe in again. This time fill your entire body and as you exhale let go of all of the tension in your entire body.

Allow an image to enter your mind, a human form, an animal form or just a sensation, let it come to you, an image that represents your personal health.

Do not judge its form, just allow it to come into your consciousness.

As it becomes part of your awareness, let any fears, comments or desires go out to this image of health.

Next, focus on the breath itself. *(This works particularly well to help avoid road rage, to relax after a confrontation, to avoid cravings like cigarettes, junk food or alcohol.)*

Place your tongue against the back of your upper front teeth, then slide it back along the top of your mouth. Feel the alveolar ridge, the ridge of soft tissue between the teeth and the roof of the mouth. This is in the yogic position that says you maintain a connection.

Breathe normally, observe the breath.

Inhale through nose *(quietly)* exhale out of mouth *(noisily)* around your tongue with your lips pursed outward the sound is a type of whoosh like-----example.

Exhale around your tongue - try a couple of times.

To begin, we will let all the air out, inhale through the nose while counting to 4, hold the breath in while counting to 7, then exhale while counting to 8.

The important thing is the ratio of 4,7,8.

Don't let all air out at once, but instead breathe out slowly for the full count of 8.

Let me show you what it sounds like first then I will do it with you.

Exhale out mouth, inhale through nose for 4, hold.

Each time you inhale, imagine that you are not doing it, that the universe is blowing the breath into you, that you are completely passive.

You are doing nothing, the universe is breathing into and out of you.

As it breaths into you, feel it penetrate every part of your body.

Let's do it together and I am going to count with you.

Let it all out - let all the air out through your mouth.

In through your nose for 4 seconds

Hold 7 seconds

Out through your mouth for 8 seconds

Close your mouth.

In 4 seconds.

Hold 7 seconds.

Out 8 seconds.

Breathe normally and observe how you feel.

This sequence helps you get to a pleasant state. Take time to enjoy that feeling and don't come right back to where you are. Stay in this altered state and enjoy the experience.

This can be used as a prelude to meditation.

Do it twice a day or anytime you feel stressed.

After a month of practice, increase to 8 breath cycles

Sit quietly, observe the breath, enjoy the music.

Let yourself have a peaceful meditative experience.

Let the music help you feel the connection of your breath to the universe.