“I wake up every day and I think, ‘I’m breathing! It’s a good day.’”—Eve Ensler

Benefits of effective breathing
- Increases oxygenation of all organ systems
- Improves digestion, respiration and mental focus
- Supports a sense of relaxation and reduces anxiety
- Increases self-confidence and promotes a sense of well-being

Cultivating A breathing technique

**Practice a two-part breath:**
- Begin by noticing the breath as it is.
- Place one hand on the belly and one hand on the chest. Notice the movement of the breath as it moves the hands.
- Inhale so the breath lifts the bottom hand and then rises through the torso to lift the top hand.
- Exhale, relaxing the chest so the breath releases from the top down, drawing the belly in slightly at the bottom.
- Repeat, allowing the in-breath to be like water poured into a glass, filling the torso from bottom to middle to top.
- Allow the out-breath to be like water poured out of a glass, releasing from top to middle to bottom.
- Gradually allow the breath to deepen without force or struggle.
- If at any point you feel lightheaded or dizzy, release the technique and return to a natural and easy breath.
- Continue for 12 to 15 breaths and then rest quietly, noticing how you feel.