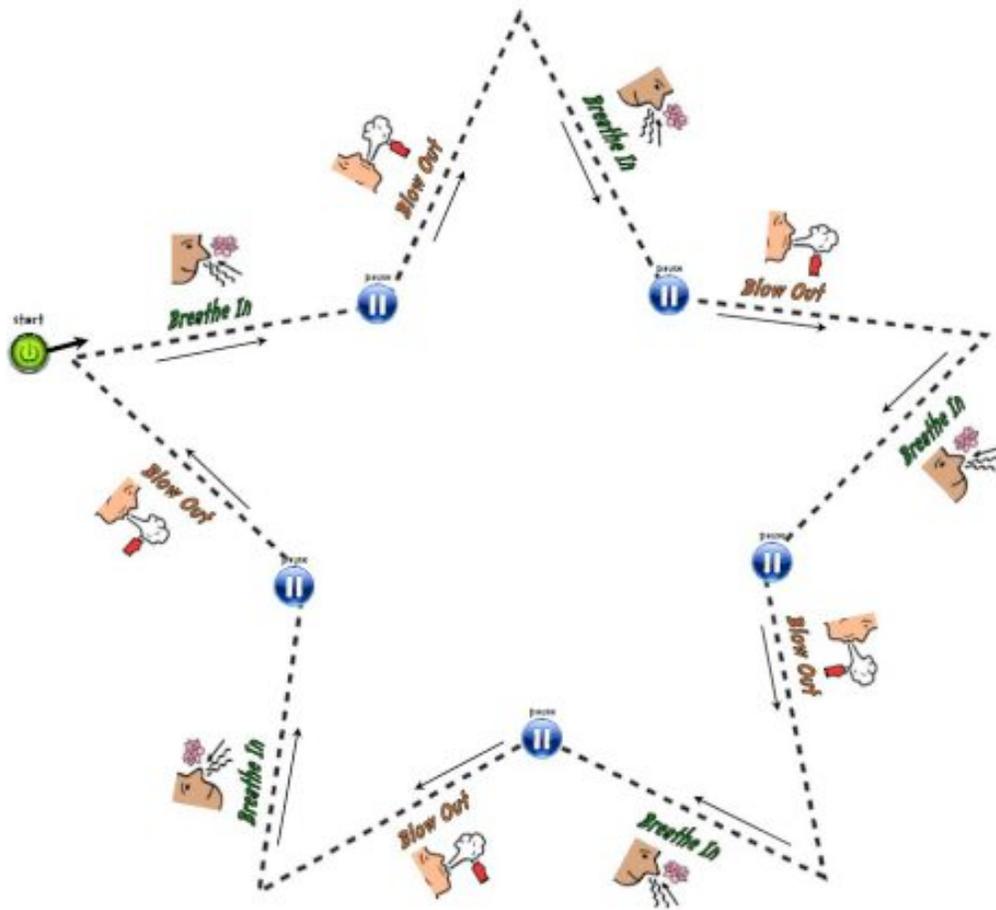


Prompts for Breathing Techniques

Five Count Breathing

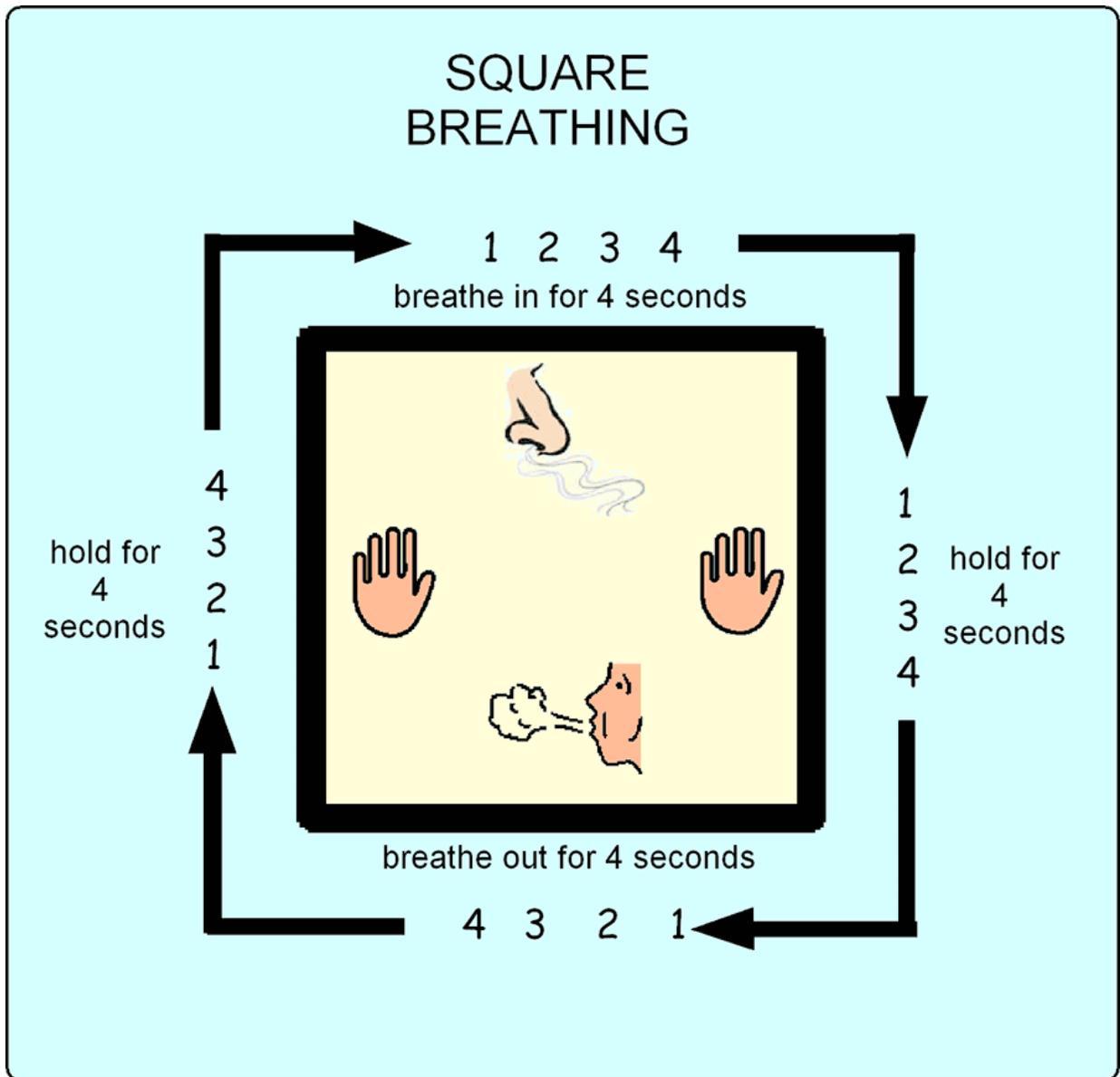


Prompts for Breathing Techniques



1. Start at the green “power on” button
2. Follow the arrow, and breath in
3. Pause at the blue pause button, and breath out
4. Repeat 8 times

Prompts for Breathing Techniques



Prompts for Breathing Techniques

Hu Gong Breathing

1. Take in as much air as your lungs can hold.
2. Hold your breath for a count of 4; then, breathe it out.
3. Now try breathing in calm energy. Hold your breath again and gather all that is not calm in you, and breathe it out.
4. Continue until you feel calm and centered.



Prompts for Breathing Techniques

Other Ideas for Breathing

Balloon Breath-	Sitting on our knees we breathe in as we fill up our balloons by raising our hands over our head. As we breathe out, we let the air out of our balloons by releasing our hands to the floor. After 2 or 3 rounds, we then blow up our balloons and release by *popping* our balloons by slapping our hands to the floor.
Birthday Candles-	Holding a "birthday cake" in our hands in front of us, we sing Happy birthday as we blow out the candles on your cake. *Also fun to do in candle pose*
Pillows Breathing-	One yogi on his/her back, Second yogi lies down so that first yogi is their "pillow". Take deep breathes...did you feel your yogi partner move? Switch! You can even make a "staircase" by having several yogis line up doing this.
Bowl of Soup or Ice Cream-	Each yogi decides the flavor of soup/ice cream and then everyone smells & blows off their soup/ice cream. Then gobble it up!
Cool Breathe	This can help calm you when feeling upset or mad. Make your tongue into a "straw" by opening your mouth and pulling up the sides in a U shape. Deep breathes in through straw & out through nose.
Whale breath	Sitting pretzel style, sit up tall, take a deep breathe in, HOLD it while you count to 5 with your fingers then tilt head up to blow it out of blow hole OR reach hands up on top of head to create the blow hole to "blow" out.
Snake Breath	Sitting tall, breathe in, pause, then slowly & smoothly breathe out making a hissing sound for as long as you can.
Bunny Breath	This can be done seated or with movement. Seated, sit on shins hands in "bunny" hands in front of heart as you take quick sniffs. With movement, start at end of mat in yogi squat and hop to front of mat while taking quick bunny sniffs.
Bumblebee Breath	With a flower prop, as you breathe in you smell your flower and as you breathe out, make humming bee sound. Try for long, short, high/low sounds.

Prompts for Breathing Techniques

Pom Pom Breathing-	For toddlers: With a large pom pom in hand, yogis practice blowing it out of their hand. For older yogis: Using a straw, yogis can try to move the pom pom across the floor.
Pinwheels-	Practicing with blowing hard or soft as you spin the pinwheel with your breath.
Feather Breath	Yogis practice their breath by blowing feathers off their hand, up in the air, or just at the feather to watch it move.
Bubbles	A fun introduction to breathing for kids. If you are outside, use regular bubble liquid and wands. Indoors, you can use a bubble wand and pretend to blow different sorts of bubbles.
Volcano Breath	With hands at heart center, breathe in as you lift hands up, and then “explode” and breath out and lava comes down the volcano, hands down by side.
Belly Breathing	Placing hand OR small toy on stomach to see or feel it rise & fall.
Wood Chopper	Standing tall with legs hip distance, raise arms above head and clasp hands together. Breathe in through nose and as you exhale say “HA” to “chop” wood or do the same with a SUN and bring it to your belly saying “HA”.
Alternate Nostril breathing	Thumb holds one side, pointer finger holds the other. As you breathe in, hold down one side of the nostril and as you breath out hold down the opposite nostril.
Hoberman Sphere	A very fun expanding toy that helps demonstrate the inhale and exhale in breathing!

Prompts for Breathing Techniques

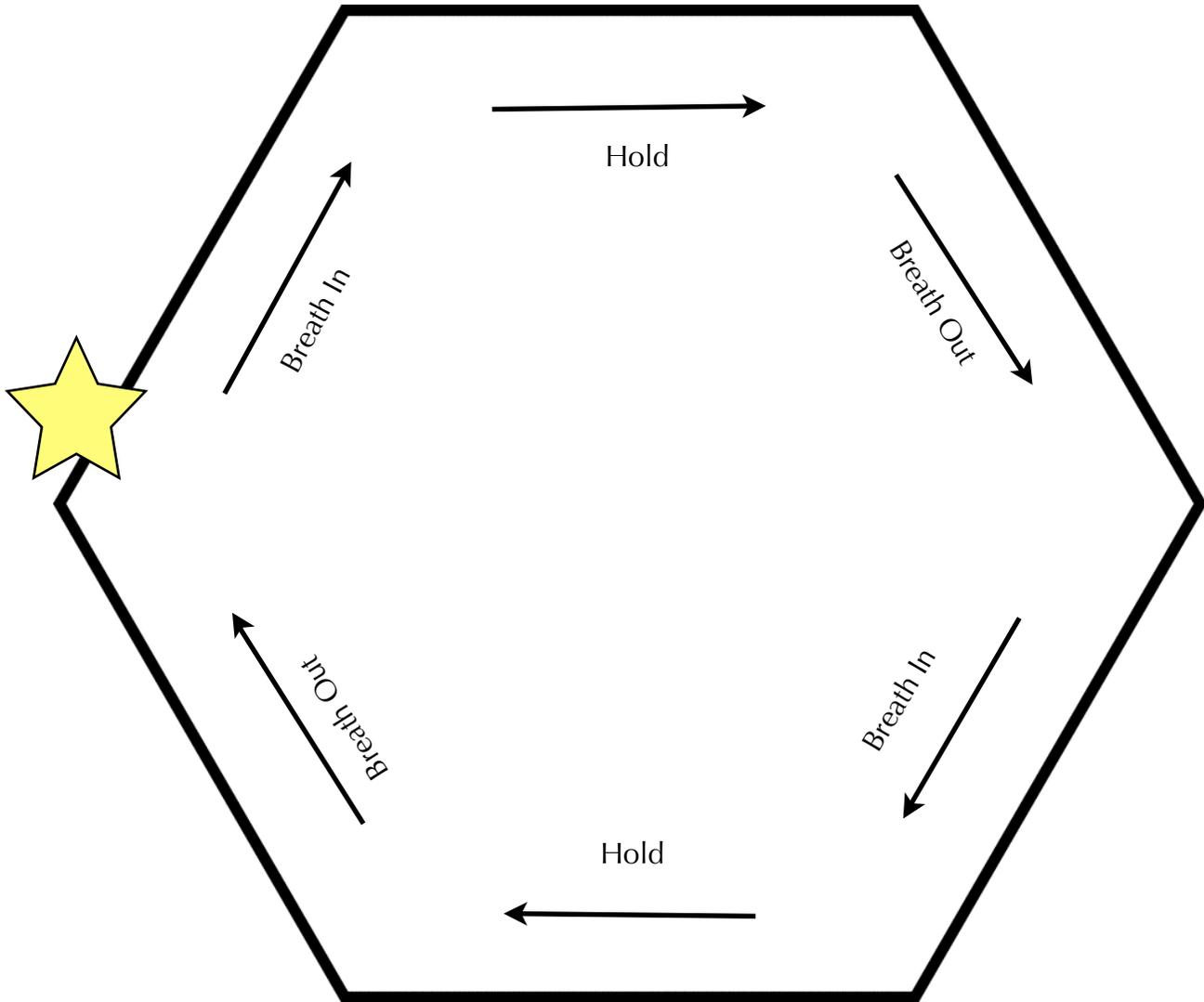
Lazy 8 Breathing



1. Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.
2. As you cross over to the other side of the Lazy 8, slowly let your breath out.
3. Continue breathing around the Lazy 8 until you have a calm body and mind.

Prompts for Breathing Techniques

Lazy 8 Breathing



1. Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you.
2. Trace over the next side as you hold your breath for a moment.
3. Slowly breathe out as you trace the third side of the hexagon.
4. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath.
5. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.