

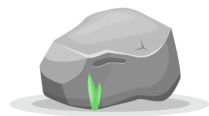


Lion's Breath

Lion's breath is particularly effective for releasing pent-up emotions and stress, promoting a sense of liberation and lightness

- Sit or stand comfortably with your spine straight
- Take a deep breath in and out through the nose with the intention of committing to your practice
- Inhale deeply through your nose
- Open your mouth wide, stick out your tongue, and exhale forcefully, like the roar of a lion
- Repeat once more, allowing yourself to fully engage with the exercise

A dynamic breathing exercise that invites a sense of joy and playfulness



A Practice of Focus



Close your eyes and take a deep breath in and out, clearing the mind
Bring your attention to an image of a rock – seeing the image with your mind's eye
To help you maintain your focus you can repeat the word ROCK

Next bring an image of a red rose into your mind
Keeping your focus on the rose – repeat the word ROSE

Now using your breath as a guide

Inhale your attention to the image of the **ROCK** – seeing the rock in your mind

Exhale your attention to the image of the **RED ROSE** – seeing the rose in your mind

Inhale and say to yourself **ROCK**, allowing the breath to guide your attention to the image of the rock

Exhale and say to yourself **ROSE**, allowing the breath to guide your attention to the image of the rose

Repeat a few times to practice using the breath to help guide your focus of attention