## Release Breath

Good for resetting our nervous systems when activated.

## INHALE with three breaths

- 1. Arms straight out in front of you
- 2. Arms out to the side of you
- 3. Arms straight above you

## EXHALE letting all the breath go

1. Drop at the waist and allow your arms to dangle and shake

Do this multiple times, notice what it feels like in your body.