

How to Breathe and Walk at the Same Time

Don't Laugh! It's harder than you think!

Using Yoga and Meditation principals while walking will give you benefits you will feel immediately. You will feel less stressed and more energized.

But~ you must do this as a Daily Practice...

Yoga Principals:

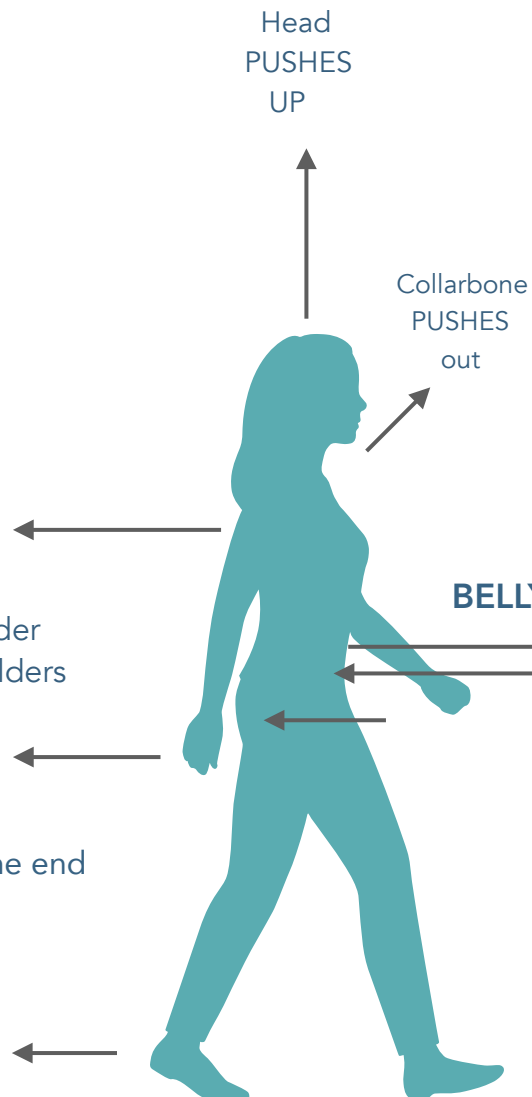
- * Alignment
- * Stretching
- * Lengthen the Spine
- Neck and head Push Upwards to correct forward head posture.

Posture Principals:

- * Shoulders back
- * Arms swing freely
- Move arms around to loosen them up.
- Squeeze between shoulder blades and Spread shoulders

- * Lengthen Hip Flexors ALL the way
- * Squeeze Buttocks at the end

- * EXTEND your Stride as Long as you can.
- Rock deliberately from heel to toe in your shoes, spreading and gripping your toes.



Meditation Principals:

- * Focus on the Breath for a Parasympathetic Reset:

- * Use Counting like a Mantra.
- * Breathe comfortably to the pace of your footsteps.

IN through the Nose
for a count of 5-6
OUT through Pursed Lips
for a count of 10-12

- * Stomach moves in and out to Belly Breathe:
- Suck stomach in TIGHTLY at the End of the Exhale. Just let it go outwards on the inhale- this will siphon the air into the lower lobes of the lungs for better oxygenation.
- * Get into a comfortable rhythm you can keep up for 10-20-30 minutes. Do not force the breath.

Benefits of Parasympathetic Breath-Walking: Increase Oxygen Delivery * Improve Circulation * Move Lymph * Make Endorphins * Improve Concentration * Improve Posture * Improve Strength and Stamina * Reduce Anxiety * Increase Mental Clarity * Reset Circadian Rhythm * Improve Sleep * Make Melatonin * Boost Mitochondria * A Great Core Workout * Lose Weight

This Body and Brain Template Reset Done Every Day at DAWN Will Change Your Life!