

EMBODIMENT TOOL #1:

(Click for online video about breathwork basics & how to begin)

BREATHS for COMING BACK INTO YOUR BODY MIND & HEART CENTER

The "Ahhhhh" Breath

- Breathe out on an "Ah" sound.
- Open your mouth wide to release tightness in your jaw.
- Move your jaw up & down to bring more sensation to it.
- You can massage your jaw & face.
- Use your fingertips to open up more space between your upper & lower jaw. Relax the muscles in your face.

The Tea Kettle or 'Sh' Breath

- Bring your teeth together and exhale the sound of "Sh" from between your teeth.
- Imagine you are a pot boiling on the stove as you release steam through your spout.
- Or, you can pretend that you are telling a room of children to be quiet "Shhhh!!!"

The Snake Breath or 'S' Breath

- Bring your teeth together and exhale the sound of 'S' from between your teeth.
- Imagine you are the biggest, baddest snake in the room defending your territory.
- See yourself - envision what color(s), size, shape snake are.

The Bumble Bee or Talking Horse Breath

- Lick your lips, bring the back of your teeth together, let your cheeks go slack and vibrate your lips together on the exhale.
- Imagine that you are Mr. Ed, the Talking Horse from the 1950s TV show.
- Allow spit to fly from your lips.
- Feel your lips tingling.

The Cat Purring Breath

- Breathe out on a deep, guttural purring sound that emanates from your gut.
- Imagine that you are massaging your internal organs with this breath.
- Relax your spine by dropping your chin to your chest and tucking the bottom of your spine up towards your nose.
- Allow your shoulders to relax as you curl the top and bottom of your spine towards each other into a gentle stretching of your spine.
- This can be the most intimate (sensual) breath!

EMOTIONAL
FITNESS
DOJO

DANCE
MEDICINE

PRACTICE THESE BREATHWORK TOOLS FOR YOUR EMBODIMENT EVERYDAY.

Repeat a full set of each of these breaths – in and out – 5, 10, 20 times. Your ultimate goal is to integrate these breaths in your day-to-day – especially when you notice that your breath is short, rapid and/or you are feeling anxious, worried, nervous, confused, etc. Strive to have longer and longer inhalations as well as exhalations.

Sit in a comfortable position with your spine elongated and your feet in contact with our Earth.

CULTIVATE AUTHENTIC POWER, PURPOSE, PASSION & FREEDOM.

(Click each breath name for video tutorials. Click our logos to visit our websites.).