

# Breathing Exercise: Cleansing

Sit or stand comfortably

Close your eyes

Breathe in deeply through your nose, pressing the belly out, filling the bottom of your lungs and then the top. Breathe in all the positive, wonderful, loving things in the world.

Breathe out audibly through your mouth, pressing your belly in. Release anything that no longer serves you, let it all go.

Repeat 4 times

