

# LIVING HEALTHY



## Yoga tip for Being at Ease

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When you breathe with awareness, then each breath has the power to relax you deeply, right into every cell of your body!

### **EASY BREATHING ~**

Mostly you breathe with little or no awareness. But, as soon as you become aware of how you're breathing – smooth and full, or tight and constricted, or somewhere in between – then your breathing begins to shift. With the busyness of the fall season, you can find yourself nearly hyperventilating. This happens when you're not even noticing that you inhale and exhale. Paying attention to your breath allows you to connect with your own easy rhythm of breathing. Take four or five breaths and notice how each one is more relaxed than the previous one. Relaxed, easy breathing allows you to move through your day with more ease.