

YOGA CHAPTER 6-10

THE POWER OF CONSCIOUS BREATHING TO TRANSFORM YOUR LIFE



D · R · E ·  · M.
— wellness —

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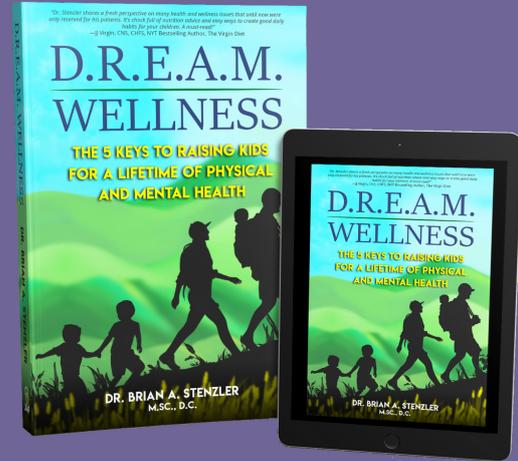
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This guide is a bonus supplement to go with Chapter 6-10 "Yoga" in the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health*.

If you do not have a copy, you can order your Kindle or printed version now at www.DREAMWellnessBook.com.



Conscious breathing is an important method for maintaining your well-being. Fortunately, anyone can learn the technique and use it on a regular basis to strengthen both mental and physical health. It's easy!



What You Should Know About Conscious Breathing

What is conscious breathing? Conscious breathing, or deep breathing is becoming aware of the way you take in oxygen and release carbon dioxide from your body. It's just paying attention to your breathing.

- It's possible to use this technique during your normal activities.
- There are different types of conscious breathing methods, but they all have similar aspects.

Mental benefits of conscious breathing:

- Conscious breathing can decrease stress and give you inner peace. It can help you focus during difficult moments.
- It can reduce fear, worry, and anxiety. It can help you deal with daily conflicts and issues.
- Conscious breathing can help your mind by giving it enough oxygen to focus and strengthen your concentration. It can have a positive impact on memory and test results such as exams in school.





What You Should Know About Conscious Breathing

Impact on your body. Conscious breathing makes a positive impact on your overall health:

- Practicing conscious breathing on a regular basis can strengthen lung function and reduce asthma. It may not be able to reverse all damage or issues, but it can make a difference.
- Conscious breathing can also positively affect the cardiovascular system. Your body needs a constant flow of oxygen to function properly. By getting more oxygen, circulation and blood flow improves.
- Conscious breathing forces you to breathe through your nose. Breathing through the nose is healthier. It can make your mouth less dry. A dry mouth can cause tooth decay and affect the overall health of the tongue.
- You may even reduce or eliminate snoring because, when you snore, you're breathing through your open mouth. Even your relationships may improve with a decrease in snoring! This can enhance your sleep and give you energy.

How to practice conscious breathing. Conscious breathing requires you to focus on how you breathe. It makes you think about the process and regulate it.

- You can become more aware of the process by putting your hand on your stomach. Relax and breathe in deeply through your nose. As you breathe in for four seconds, your abdomen will rise. Then pause for seven seconds and exhale gently for eight seconds. You can feel your abdomen go back down as you exhale.
- You can even practice conscious breathing using various rhythms and patterns.
- Try conscious breathing in a quiet room or area. Avoid interruptions from phones or other devices.
- Combining meditation and yoga practice with conscious breathing makes the technique even more effective.