

# Breathing techniques

## A warrior's breath

inhale / exhale 21 times continuously - cleans the nose and warms up the body and deeply oxygenates

You can combine this technique with box breath.



## Box breath

- Inhale for about 4 seconds
- Hold your breath for another 4 seconds
- Exhale for 4 seconds
- Hold your breath again for 4 seconds
- Repeat the entire cycle at least 5 times.

This technique helps to quickly control stress and nervousness.



## Technique 4-7-8

- Straighten up and place the tip of your tongue on your upper palate.
- Breathe out through your mouth and make the sound of the exhaled air clearly.
- Inhale through your nose, slowly counting from 1 to 4.
- Then stop breathing in again counting from 1 to 7.
- Deflate (mouth) to the count of 8.
- Repeat the sequence 4 times.

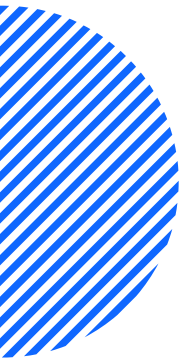
This technique helps you fall asleep quickly and calm your excess emotions.



## Deep abdominal breathing

- Sit on the floor with your spine straight.
- Place one hand on your stomach and the other on your chest.
- Start inhaling air through your nose and exhaling through your mouth.
- While inhaling, try to inhale as much air as possible (to get as much oxygen as possible), and as you exhale, continue to slowly count.

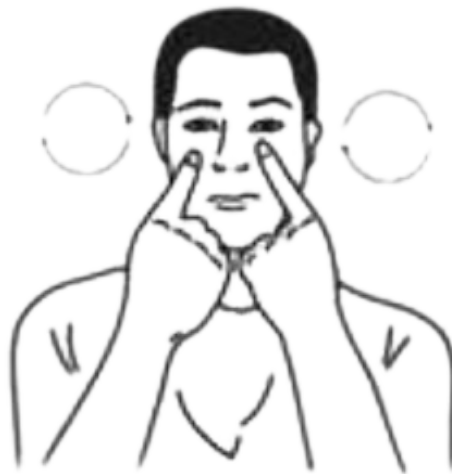




# EYES RELAX



circular movements  
under the eyebrows



circular movements  
under the eyes



semi-circular movements  
under the eyes



half-circular movements  
under the eyebrows



rubbing the temples top down  
from the eyes to the eyebrows



blackout

**Spend 20 seconds on each exercise**

# PALMING

1. Move closer to the table or desk and rest both elbows on the table. Keep your back and neck in line, do not tilt your head forward. You can put books under your elbows to maintain the proper position.
2. Warm your hands by rubbing them vigorously against each other.
3. Place your warm hands over your open eyes. The fingers of the hands should overlap and cross in the middle of the forehead. Close your eyes. Do not touch your closed eyelids or pinch your nose.
4. Try to remember a nice event - a walk in a forest or meadow, something you enjoyed.
5. After a while, you will start to see black. The deeper it is, the better the effect of the exercise.
6. After a few minutes, open your eyes by blinking intensely, sit for a moment, looking straight ahead. Before you get up, breathe deeply and slowly.

**Palming can also be used as an eye lubricant replacement. Computer workers, especially in a dry room, should do this asana every hour. Guaranteed effect :)**

# Exercises for tired eyes

1



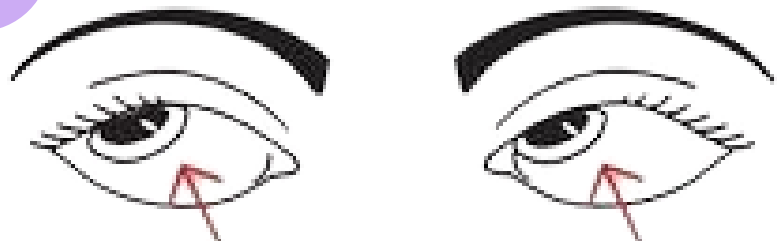
Look up and hold for 3 seconds, then look down and hold for another 3 seconds. Repeat everything 3 times.

2



Look right and hold for 3 seconds then look left and hold for another 3 seconds. Repeat everything 3 times.

3



Look at the top left corner of your eye and hold for 3 seconds. Repeat 3 times.

4



Make circles with your eyeballs 3 times to the right and then 3 times to the left. Blink a few times to relax.

5



Close your eyelids tightly and hold for 10 seconds.

6

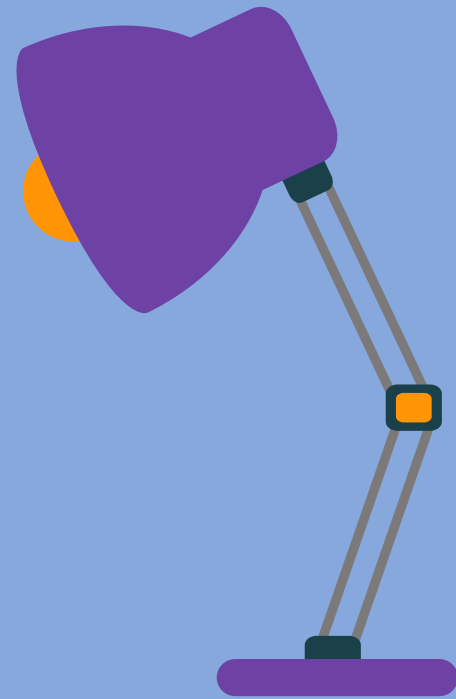


Open your eyes wide and hold for 10 seconds. Blink quickly to relax and finish your training.

# relax your eyes

## Irradiation

We close our eyes and point our face towards the light source - it can be the sun, it can be a desk lamp. First you will see red, and the stronger the light, the brighter the color - orange, yellow. Your eyes will slowly relax. Together with your eyes - your body and mind at the same time. Focus on it and feel this pleasant feeling.



## Zooming



The exercises are best done outside or by a window but not necessary. Cover one eye and look at something close, e.g. a finger, a window frame, and then something further - a tree, a house. Do the exercise for a minute or two and then change objects but still so as to take turns looking at something close and then distant. Then change the eye and do the above steps all over again.



## Lake

On a large sheet of paper, draw the undulating "shore" of a fictional lake and paint its surface blue. Hang the piece of paper at least one meter from your eyes.

When you feel your eyes burning, take a look at the lake. Tour its coastline several times without moving your head. Repeat the exercise every hour, even if you don't feel tired.