

## Espresso Breath



Sit on the edge of the chair, and take an upright posture. Make two loose fists and place them easily next to your shoulders. Relax your arms and shoulders.

Take a deep breath in and out.

Begin the exercise by breathing forcefully in through the nose, stretching your arms up and pointing your fingers to the ceiling.

Followed by a forceful exhalation while dropping the arms and hands back to the starting posture. Each in and out breath should be done at the rate of approximately one second.

Continue the exercise and inhale dynamically in and out through the nose - 20 times.

Repeat the exercise 3 times.

