




## ENERGY YOGA EXERCISES

Exercise 1	Grounded breathing
	<ul style="list-style-type: none"> <li>• Step 1: Take a deep breath in and let it out. (Repeat the above step three times.)</li> </ul>

<p style="text-align: center;"><b>Exercise 2</b></p>	<p style="text-align: center;"><b>Increasing lung capacity by blowing out the candles</b></p>
	<ul style="list-style-type: none"> <li>• Step 1: Take a breath in and let it out like you are blowing the candles on your birthday cake. (Increases lung capacity.)</li> <li>• Step 2: Keep your feet on the ground.</li> <li>• Step 3: Take a breath in through the ground and out through the ground.</li> </ul>

<p style="text-align: center;"><b>Exercise 3</b></p>	<p style="text-align: center;"><b>Releasing the grief by upper chest tapping</b></p>
	<ul style="list-style-type: none"> <li>• Step 1: Relax your fingers and find a spot beneath the collar bone.</li> <li>• Step 2: Breathe in and let it out.</li> <li>• Step 3: Gently tap with your fingers on the spot beneath your collar bones. (Flat hand tapping)</li> <li>• Step 4: Make an 'aah' sound.</li> <li>• Step 5: Breathe in through the nose and out through the mouth.</li> </ul>