



COURAGEOUS
WORKFORCE

DEEP BREATHING - MORNING BREATHING

DIRECTIONS FOR PRACTICE IN THE WORKPLACE

SUGGESTIONS

- Done early in the day to help relax, clear clogged breathing passages and loosen tension in the muscles
- Relief can especially be felt in the back

DESCRIPTION

- Deep breathing with a full body stretch

INSTRUCTIONS

From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.

As you inhale slowly and deeply, return to a standing position by rolling up slowly lifting your head last.

Hold your breath for just a few seconds in this standing position.

Exhale slowly as you return to the original position, bending forward from the waist.

Notice how you feel at the end of the exercise



DEEPER DIVE

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These materials serve the needs of various types of learners.