

## Breathing Warm Up

Wake up your breathing to boost your energy throughout your day. This routine is a relatively quick way to get your day off to a great start. It wakes up your breathing muscles, and oxygenates you for energy throughout your day. Use *Breathing Theme 5* for best results.

**Do the following 3 poses in sequence, two or three times.**

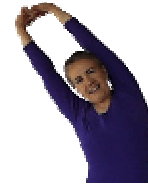
### 1. Abdominal Lifts

20 – 50 lifts on a single exhalation  
Do the lifts deeply and vigorously



### 2. Simple Side Bend

Once to each side  
Hold for 3 – 8 slow breaths on each side.  
With each breath out notice your body relaxing  
& letting go, giving you more and more of a stretch.



### 3. Butterfly Breathing

5 – 15 breaths  
Breath in and out fully  
Searching for more and more of a stretch  
as you breathe in and as you slowly breathe out.

