



Breathing

This week we will focus on the breath.

You don't have to focus on your breath doing these exercises alone. This weeks challenge is for you to give awareness to your breath in other situations and parts of your day. It can be while riding the bus, queuing in the supermarket or while cooking etc.

Pranayama is a Sanskrit word consisting of the word Prana = life energy and Yama = extension. For me, it is important that we get back to our natural state of breathing which is lost when we drown in the stress and emotions of life. The small capillaries in the lungs blocks and it affects our Anahata Chakra (Heart Chakra).

With Pranayama we work with expanding the breath and unblocking the capillaries and taking back your freedom to enjoy your own free life energy flow.

Take time to explore and enjoy the power of your breath!

Govind