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Find Inner Calm with Infinite Breath

By Yumee Chung | March 6th, 2017

Are you seeking a way to quiet a busy mind and restore inner calm? Look no farther than your own breath. Let our Infinite Breath exercise unhook you from your stress-induced patterns of respiration and drop you into a smooth mood.

1. Sit comfortably with great posture. Choose to perch on a chair if sitting on the ground feels less than ideal.
2. Close your eyes and bring your mind's eye to your pelvic floor.
3. Imagine the in-breath travels from a relaxed pelvic floor up to your softly ballooning belly and chest, where it passes through the base of the throat and climbs up the back of the neck and head.
4. At the top of the head, the inhale transforms seamlessly into an exhale that flows with gravity over your face, through the base of the throat, and cascades down your back like a luxurious cape.
5. Continue to figure-eight the breath around your body, taking care to smooth out the places where each part of the breath effortlessly becomes its opposite.
6. Swaddle yourself in the Infinite Breath for five minutes or until you access the wide-open spaces of your heart and mind.

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