**Size: small group, large group, individual, Duration: 15-30 min**

**TITLE: PERFECT BREATH**

**AIMS**:

* To learn about positive physiological effect of correct breathing (releasing the tension in your body)
* To set one’s mind at rest
* To improve your concentration

**DESCRIPTION**:

Correct breathing technique and thereof associated oxygen supply are both important for the functioning of our cells, metabolism and blood stream, for constant care and massage of internal organs, our voice and mood and for our general well-being. Our breathing is in general a good indicator of our mood - we tend to breathe differently if we pay attention or if we are surprised, if we are afraid or in doubt.

The exercise Perfect Breath comprises three phases. In implementing the exercise, the trainer/teacher should follow the steps below:

**Step 1:** Breathe out slowly through your nose and without holding your breath start to breathe in slowly. While you are breathing in, widen your stomach and its walls, then your chest and at the very end slightly lift your collarbone.

**Step 2:** Once your lungs are full, start to breathe out slowly through your nose so that first you lower your collarbone, then contract your chest muscles and in the end breathe the air out of your stomach and contract abdomen muscles.

**Step 3**: Repeat the breathe in/breathe out cycle (max. 6 consecutive cycles should be performed).

**Step 4**: End the entire cycle by breathing in and breathing out normally; through your nose of course.

**Step 5:** Relax and breathe normally.

**MATERIAL: /**

**PREPARATION:**

The trainer/teacher should provide for proper ventilation or he/she can decide to do the exercise outdoors. Make sure the participants wear comfortable clothes. Breathing exercises should be done at least an hour and a half after the last meal.

**COMMENTARY:**

Correct breathing exercises are intendedto enhance general well-being of all age groups. They can be implemented either individually or in groups. Triangle breathing has positive physiological effect on the entire body. Since it also helps to improve concentration, the exercise can be used as part of numerous teaching contents; counselling and therapeutic approaches.

Incorrect breathing influences the entire nervous system. The functions of our brain, nerve centres and nerves to carry nerve impulses become impaired. Note that the correct breathing starts with breathing through your nose!

**EVIDENCE:** Theoretically grounded

**AUTHOR:** William W. Atkinson, Dr. Daniel Goleman

**SOURCE**: Science of Breath (Znanost diha), 2009. Bird Publisher.

Goleman, D. (1988). The Meditative Mind 1988. New York: Penguin Putnam.

(Mind and Life Institute)