

# *Mindful Movement in a Chair for Good Health*

*Robin Goettel, OLLI Instructor*

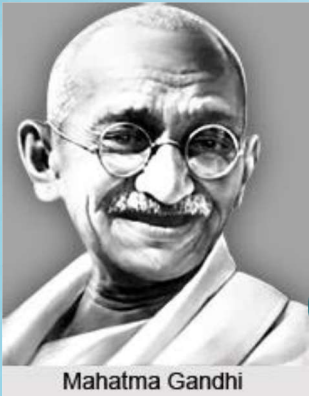
**Fridays, 10:00-11:30 a.m.**

**March 29-April 19, 2024**



# *Breath Practices for Well Being*

- Reduces adverse effects of stress on physical health.
- Calms agitated mind.
- Helps relieve symptoms of worry, anxiety, insomnia, depression, PTSD, etc.
- Can improve circulation, oxygenation, and endurance.



Mahatma Gandhi

Use breathing to enhance their physical, mental, and spiritual well-being.



Christian Monks



Buddhist Meditators



Bruce Lee



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# BREATHE DEEP



AN ILLUSTRATED GUIDE  
TO THE **TRANSFORMATIVE**  
POWER OF BREATHING  
MISHA MAYNERICK BLAISE



# BREATHE IN

AND AFFIRM your  
DESIRED INTENTIONS-



*your HOPES  
and DREAMS.*

# BREATHE Out

and RELEASE your NEGATIVE  
OR LIMITING BELIEFS.



*Let your BREATH BE  
A SOURCE of STRENGTH  
to CARRY you FORWARD.*

THE OXYGEN WE BREATHE  
IS CREATED BY PLANTS  
in the OCEANS AND  
FORESTS.



AT EVERY MOMENT,  
OUR BREATH BRINGS US INTO  
PROFOUND COMMUNION  
WITH THE EARTH and  
ALL OF CREATION.





# Alternate Nostril Breathing

- Excellent for anxiety and stress relief
- Relaxes you
- Harmonizes left & right brain
- Calms and centers your mind
- Gives you a boost of energy
- Let's Practice!





# Beginning Breathing Techniques

*“Let go and breathe into  
the goodness that you are.”*

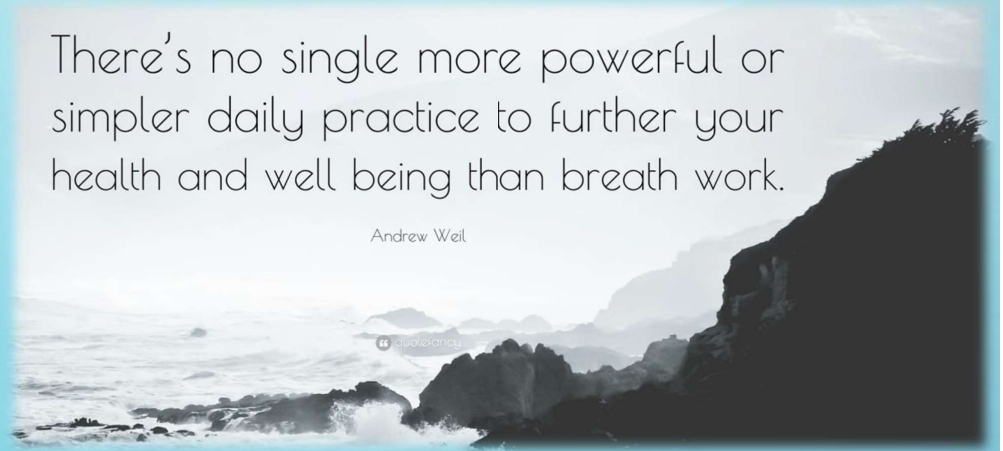
*-Tara Brach*

*Breathe in deeply to bring your mind  
home to your body.*

*-Thich Nhat Hanh*

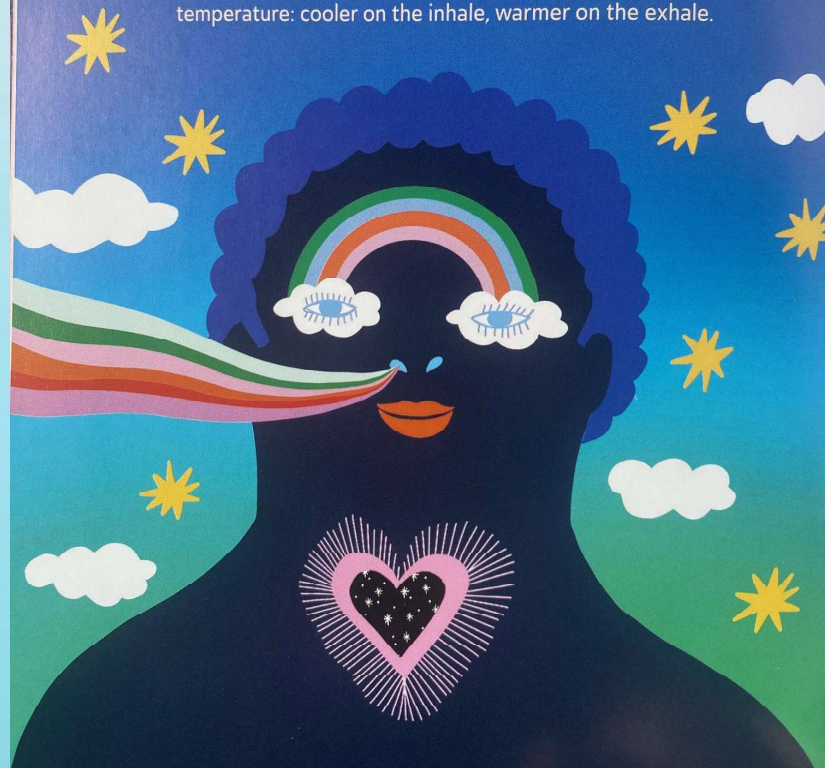
There's no single more powerful or  
simpler daily practice to further your  
health and well being than breath work.

Andrew Weil

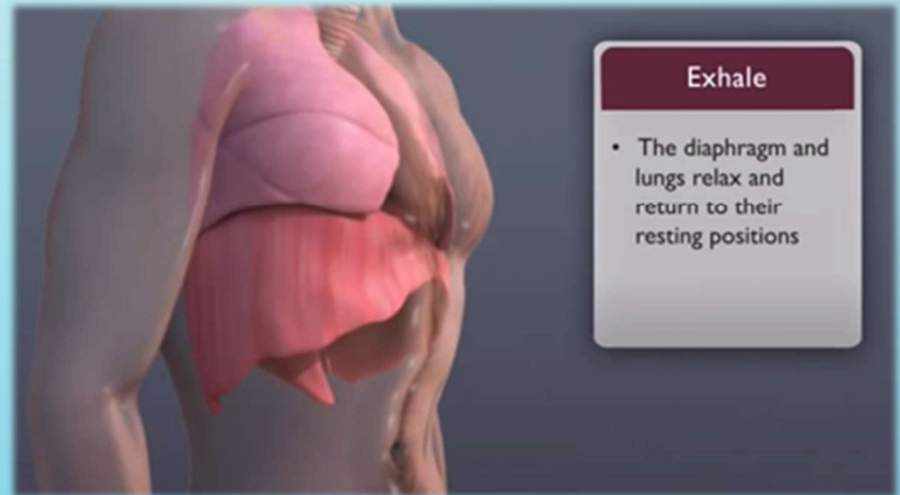
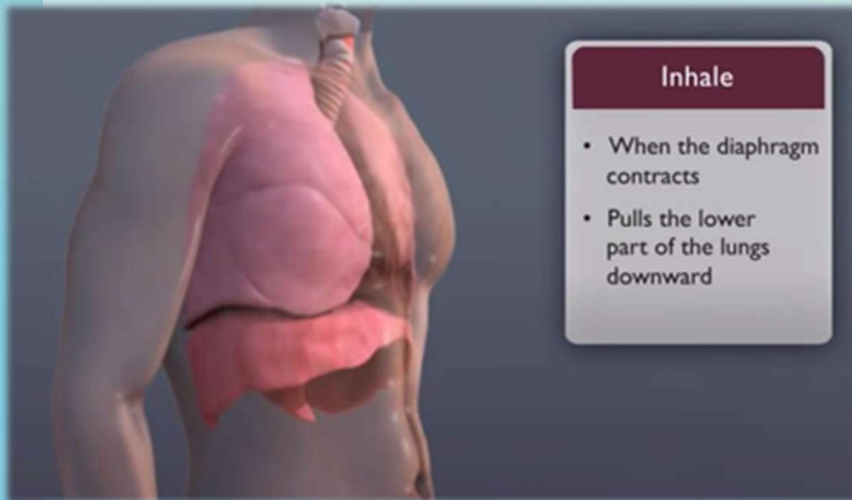


TO PRACTICE MINDFUL BREATHING, YOU SHOULD  
*Consciously RECEIVE*  
YOUR BREATH with an OPEN  
and GENTLE CURIOSITY.

Feel how the breath expands your lungs and belly. Notice how the breath affects your nasal passages. Observe the slight change in temperature: cooler on the inhale, warmer on the exhale.



# Physiology of Deep Belly Breathing



Source: Jeddah Beauty Blog



# Ujjayi Breath (Victorious breath)

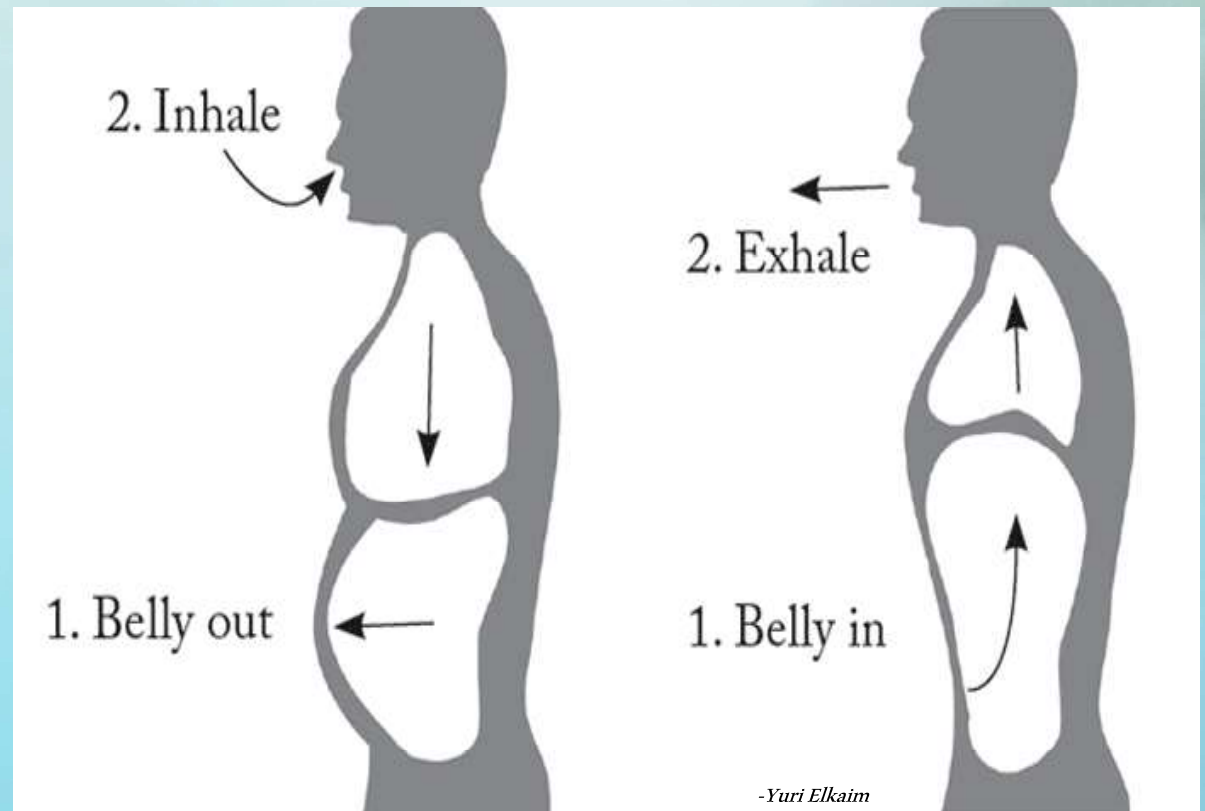
- A warming breath
- A balancing influence on the entire cardiorespiratory system
- Calms nervous system, soothing feelings of irritation and frustration
- Focuses your mind
- Let's practice Ujjayi breath



Divine Me Time Yoga & Selfcare with Beth  
.55 and 4:48

# Deep Belly Breathing

- Remember to relax.
- Try not to judge yourself.
- Give yourself time to get hang of it.
- Close eyes, close mouth, breathe through nose.
- Time for guided belly breathing with yours truly!



# Humming Bee Breath

## *Bhramari pranayama*



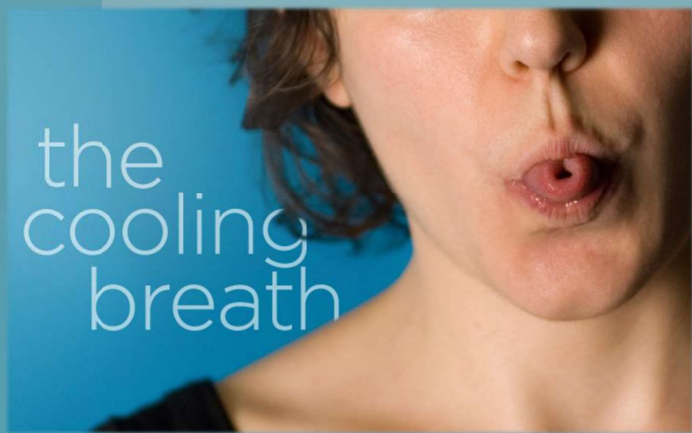
- Soothing for a spinning mind.
- Lengthens the exhalation without excessive strain.
- Inhale whenever necessary; don't force yourself to maintain any particular speed.
- Sit quietly and notice whether there are any changes in your mood.



# Bhramari Pranayama (Bees Breath) Explained



# Sitali Breath



- *Let's practice Sitali breath!*
- A cooling breath that adds moisture to one's system.
- Helps calm hunger and thirst.
- Reduces fatigue and high blood pressure.
- Cultivates a love for solitude.
- Balances the endocrine system.
- Helps builds vitality.



"BREATH is the BRIDGE  
WHICH CONNECTS

**LIFE to**  
**CONSCIOUSNESS,**

WHICH UNITES your  
**BODY to your THOUGHTS.**

WHENEVER your MIND  
BECOMES SCATTERED,  
USE YOUR **BREATH**  
AS the MEANS to TAKE HOLD  
of your **MIND** AGAIN."

- Thich Nhất Hạnh,  
meditation teacher, poet, and peace activist





# ABC's of Yoga



- **P**ranayama: Yogic breathing; ‘Prana’=life force; ‘Yama’=discipline or control.

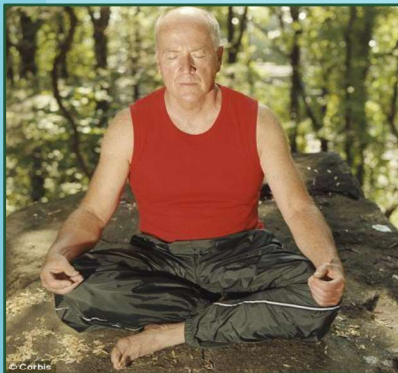
By practicing deep and systematic breathing through pranayama, we reenergize our body.

- **U**jjayi Breath: Also called loud breathing—involves drawing air in through both nostrils and exhaling through back of the throat. Literally: “what clears the throat and masters the chest area.”

*Benefits:* strengthens the nervous and digestive systems and helps remove phlegm.

# *Breath Benefits Summary*

- Shallow breathing limits diaphragm's range of motion. The lowest part of the lungs don't get full share of oxygenated air. Can make you feel short of breath or anxious.
- Our breathing is influenced by our thoughts, and our thoughts & physiology can be influenced by our breath.



- Learning to breathe with awareness is valuable tool in helping to restore balance in the mind and body.
- Creates a positive impact in reducing body's stress response.

**Thank You  
for Joining Me  
on Your  
Mindful Movement  
Journey!**

