**OLLI Chair Yoga Instructor: Robin Goettel** [robinfans1@gmail.com](mailto:robinfans1@gmail.com)

**Links from Week Three: The Breath**

**Breathing technique video links**

**Conscious Breathing**<https://www.youtube.com/watch?v=t7WFq17NxWA> 

**What Does a Deep Breath Really Mean, Dr. Rangan Chatterjee**<https://youtu.be/8XfR7xbtUS4>  
 **Chair Yoga Class with Melanie-Being in the Moment with your Breath and Body**<https://www.youtube.com/watch?v=dT7yNNKb-Rs>     
 **Ujjayi Breathing with Beth, Divine Me Time Yoga & Selfcare**  
<https://youtu.be/_MCgTJBGvQw>

**Alternate Nostril Breathing, Into Sport Yoga**  
<https://youtu.be/G8xIEzX40bA>

**Humming Bee Breath (Bhramari Breath) Michael Bijker**<https://youtu.be/j2bYCDvVmDY>

**Sitali Breath, with Charlotte Stone**<https://youtu.be/IMDDNxynlts>

**Weblinks**

From the Chopra Center: *Breathing for Life: The Mind-Body Healing Benefits of Pranayama, Dr.**Sheila Patel,* [http://www.chopra.com/ccl/breathing-for-life-the-mind-body-healing-benefits-of-pranayama#sthash.v66zGffW.dpuf](http://www.chopra.com/ccl/breathing-for-life-the-mind-body-healing-benefits-of-pranayama%23sthash.v66zGffW.dpuf)

**Books**

*Breathe—Simple breathing techniques for a calmer, happier life,* by Jean Hall, 2016.

*Breathe:The Simple Revolutionary 14-day Program to Improve Your Mental and Physical Health,* by Dr. Belisa Vranich, 2016.

*The Healing Power of the Breath*, by Richard P. Brown, MD and Patrica L. Gerbarg, MD, 2012. (includes CD with guided breathing techniques)

*The Power of Prana--Breathe your Way to Health and Vitality,* by Master Stephen Co and Eric B. Robins, MD, 2011.

*Yoga’s Healing Power,* by Ally Hamilton, 2016.

*Zen Yoga-A Path to Enlightenment through Breathing, Movement, and Meditation,* Aaron Hoopes, 2007.