

YOGA BREATHING

Dealing with difficult situations can be stressful. It's important to learn how to effectively manage your emotions. This activity will help you to cope with your feelings of being overwhelmed or anxious and help you build your inner resilience.

Instructions

Wellness & Resilience

Time

5-20 minutes

Difficulty

Easy

Resources

A quiet place

● Step 1

- Sit in Padmasana i.e. lotus pose (crossed legged posture).
- Touch the base of your left thumb with the tip of your index finger.
- Place your left hand on the left knee with your palm facing upward.
- Place your index and middle fingers of your right hand on the forehead in between the eyebrows.
- Close your right nostril with your thumb.
- Breathe 10 times from your left nostril.
- Breathe slow and deep without making any sound.
- Open your right nostril and close the left one with your ring finger.
- Breathe 10 times from your right nostril.

● Step 2

- Assume the same posture as above. Inhale from your left nostril.
- At the end of inhalation close both nostrils and retain breath inside.
- Open your right nostril and exhale.
- Inhale from the same (right) nostril.
- Close both nostrils, holding your breath.
- Exhale from your left nostril.
- The meter of inhalation, retention and exhalation should be 1:1:1.
- Repeat 10 times.



For more Wellness & Resilience activities, visit www.preparecenter.org/TeenPrepKit