

# Joy Breath

## An awesome yoga breathing practice

**Joy Breath** wakes up your entire body, gets your energy flowing and lets you start your day with a big smile and heart full of joy. It's warming, energizing and cleansing. It calms the mind, increases circulation, and releases pent up tension. The movement of the arms helps to fill all areas of the lungs with fresh oxygen, so your entire body is charged with energy!

Joy Breath can serve as a warm up before your yoga practice, walk or run or as a stand alone mini-practice energizer any time you need a pick-me-up. It's a great replacement for that 3pm cup of coffee!

**Joy Breath Video:** <https://youtu.be/lxIGRR5chD0>

### **Joy Breath "how to":**

You'll take a 3-part breath in and one big exhale out. Inhaling through your nose, and exhaling strongly through your mouth while making an audible "Ha" sound.

Begin by standing with your feet parallel, a little wider than hip-distance apart, knees softly bent.

- Inhale (1/3 of your lung capacity) as you swing your arms up in front of your body, bringing them parallel to each other at shoulder level, with palms facing the sky.
- Inhale again (another 1/3) as you sweep your arms out to the sides like wings, again at shoulder height, and with palms up and elbows soft.
- Take the final third of your inhale and swing your arms parallel and over your head, palms facing each other. Exhale powerfully through your mouth, making a "ha" sound, bending your knees more deeply as you sink into a squat, swinging your arms down and back behind you.

Then inhale right back up into your next round. Repeat up to ten rounds.

Let yourself get lost in the rhythm of JOY. Don't force or strain your breath and always listen to your body. If you become light-headed, rest or slow down. Opt out if you have high blood pressure or glaucoma.

When you're finished, return to standing, take a moment or two in gratitude with hands on heart, feeling the sensations in your body.

**Variation 1:** Seated in a chair

**Variation 2:** remain standing, on the "ha" bend your elbows and pull them back in toward your sides (fists of fire).

**Variation 3:** Add a seed mantra to each arm movement. As you lift your arms out in front of you, silently inhale the sound of VA; as your arms move to the side RA; with arms overhead YA. Finish by exhaling completely an audible HA.

