**CommuniTEA Yoga – Session #2 - *Are you Really Breathing?***

**Affirmations:**

Notice how your breathing affects your everyday energy levels and relaxation. Here are a few affirmations to try, or create your own:

* I am in touch with my breathing
* I am using my breath to increase relaxation (and to decrease stress)
* I will find time each day for me to practice mindful deep breathing

*The more you say, "I can!" the universe will endow you with the abilities to do just that!*

**Here are a few ideas to practice each day:**

* Practice 3-part breathing
* If you are feeling low energy, do a few Breaths of Joy!
* Take time to notice how deep breathing makes you feel. Notice where your breath is most open and free, and where it feels tight. Breath into areas that feel tight.
* Take a walk outside in nature, be present and breath deeply
* Warm up your body first by walking or gentle movement and then try the following stretches:
  + Calf stretches at the wall or with a steady chair
  + “Thread the Needle” on the floor, bed, or seated
  + Using a belt or strap, stretch stretch hamstrings

If you have any questions, concerns or feedback, please feel free to contact me. I look forward to seeing you next week!

Namaste,

Lynne

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Phone: 250-760-0301 (or call the Seniors Connect Centre and leave your name and number, I’ll call you back).