**Gentle Yoga Session #2: Are we really breathing?**

1. Check-In – Stress levels, breathing, affirmations

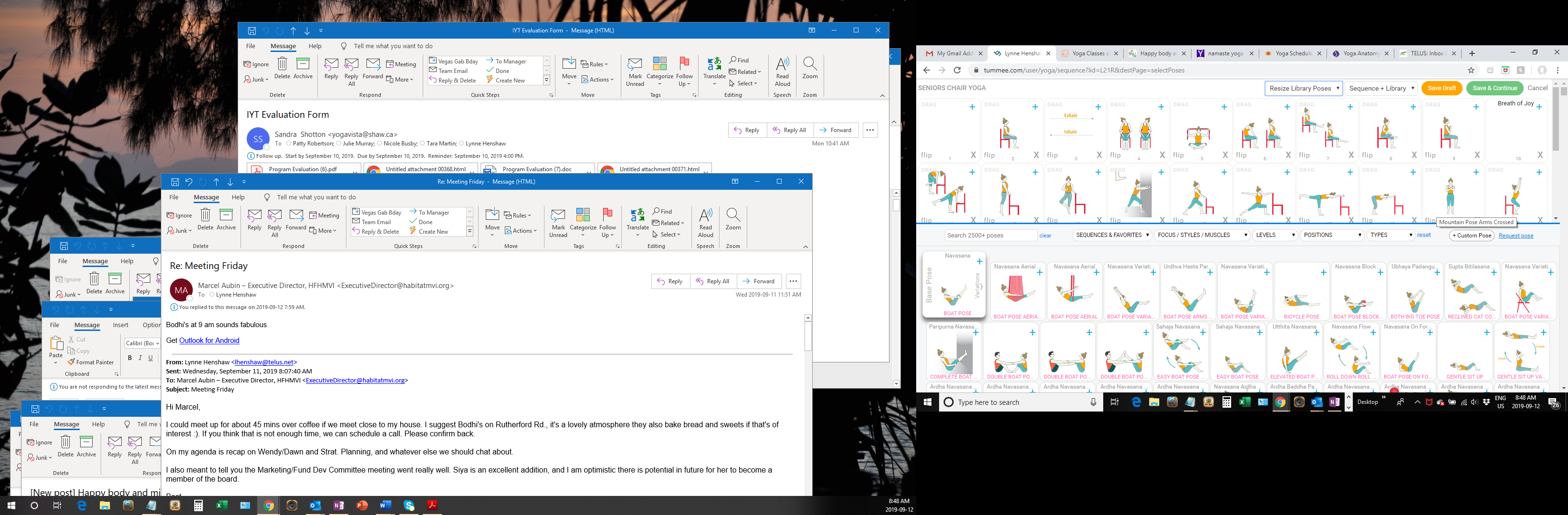
2. Body awareness & Centering

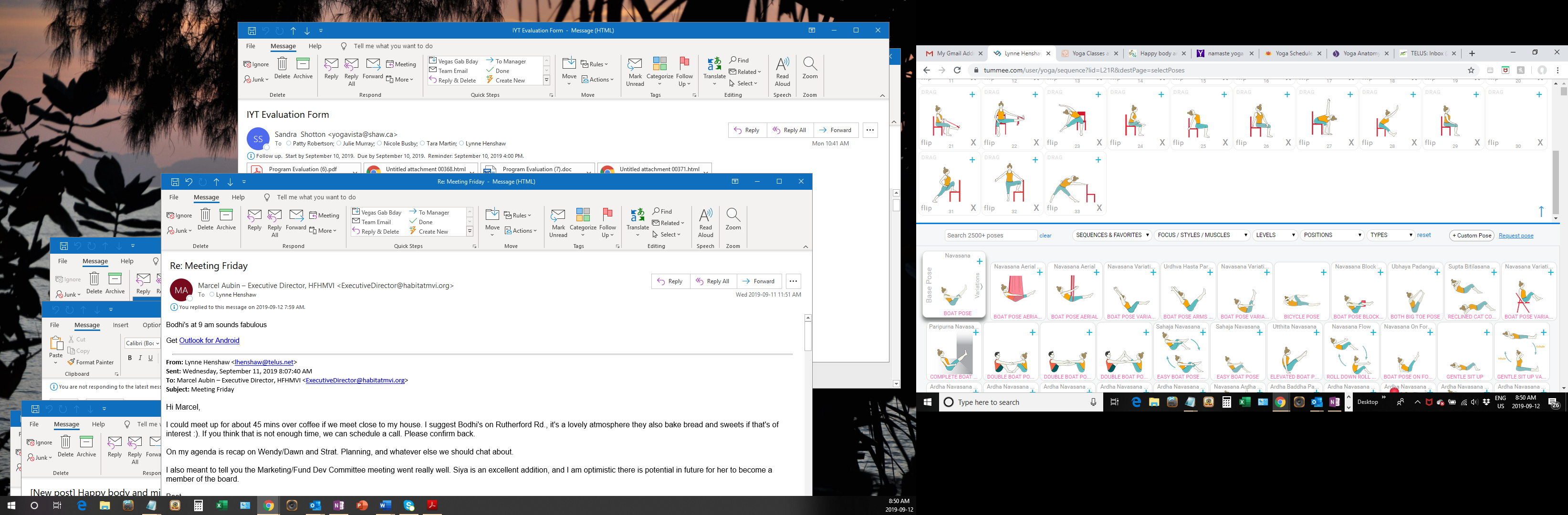
3. 3-Part Breathing –

- Chest vs. Deep breathing – flight/flight, energizing breathing – breathe of joy

- Hand on abdomen/ribs/chest and arms

- Notice where breath is most open and free, radiate this feeling to areas in need of healing





* Relaxation and meditation
* 1 word that describes your experience today or how your breath feels now?
* Affirmations: I can remain in touch with my breath, I can use my breath to reduce stress, Notice how your breathing more deeply affects everyday energy and relaxation.
* Tea Time