



Bite-Size Yoga for your Breath

100-Count Breath

- 1 Find a Seat:** Find a comfortable seat so that your spine is long and straight and your shoulders are relaxed. Breathe through your nose if you can. Bring your attention to your breath.
- 2 Start Counting on the Exhale:** Take a deep inhale. Then as you exhale, count silently in your head, "One."
- 3 Increment Your Count with Each Exhale:** Increase the count with each round of breath so that your next exhale is two, then three, and so on.
- 4 If You Forget What Number You're On, Start Over:** This practice trains your breath and your focus. If your mind starts to wander and you forget what number you're on, start over back at one.
- 5 Keeping Counting Until You Reach 100 (or Some Multiple of 100):** Keep counting your breath until you reach 100 breaths.

Note: In the beginning, you may lose count quite frequently. Start with a goal of 25 breaths. Then when that becomes easy, increase the count up to 50, then 75, and finally 100.





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Practice Daily for a Week:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Reflection: How did this practice make me feel?

Reflection: When did this practice work best for me?

Evaluation:

Like:

Dislike:

Neutral:

