



Humming (Bee) Breath

Benefits include: Helps to unwind before bed. Relaxes the body.

Suggested time: 3-5 minutes

Method:

Lie down or sit comfortably. If sitting, ensure the back is straight, but relaxed and your feet flat on the floor. Spend a few moments following your natural breath as it flows in and out. Encourage the inhale to come into the body from the soles of the feet, travelling to the top of the head, and imagine the exhale to go from the top of the head down to the tips of your toes.

When you are ready, take a small breath in from the nose. Hum the exhale out. Keep repeating this cycle. After every third or fourth exhale you may wish to lightly hold the breath at the end of each exhalation.

Relax into each exhale. You might want to imagine the body melting or surrendering into the surface beneath you.

Feel the vibration of the hum around different parts of the head and body. You may wish to experiment with different pitches and tones. Have fun and be creative. Allow the mind to get lost in the vibrations.

When you are finished, tune into how you are now feeling compared to when you started the exercise.

“Take a deep breath, pick yourself up, dust yourself off and start all over again”

Frank Sinatra

