



## Sufi Breath

**Benefits include:** Wakes us up if we are tired and groggy. Gets us ready for high energy activities.

**Suggested time:** 5 minutes

### **Method:**

You can do this breath sitting or standing. You may want to put on some music to dance to. You will find that the whole body wants to get involved in the movement of the breath, but don't force any movements - relax and let the breath lead.

Standing, or sitting comfortably, imagine your body is in a straight line from your feet flat on the floor to the crown of your head. Imagine a string which is pulling you up, and gravity which is pulling you down, and you are comfortably stretched in-between.

Focus on your normal breathing. Is it fast or slow? Smooth or ragged? In the chest or in the body?

When you are ready, breathe in short and fast into the nose. Breathe in 2,3 or 4 times. Breathe out through pursed lips. It helps to think of the words "sniff, sniff, sniff, pooh!". When you breathe in, think, "Sniff, sniff, (sniff) and when you breathe out, think of the word "Pooh!" Have fun!

Afterwards, tune into your natural breathing again. How has it changed? How are you feeling now?

*"Breath. Let go. And remind yourself that this very moment is the only one you know you have for sure"*

Oprah Winfrey

