**Big Breath**

Power is in the breath. Stretch with focus on deepening the stretch by relaxing. Using nasal inhales to filter the air. Each and every breath can deepen a stretch in any pose (Laying poses are recommended for the first time) Start out with a 4-2-4-2 count for Inhale, Hold, Exhale, and Hold. Then gradually increase count.

 **Breathe Big Gratitude**

**Inhale** A Big Huge Breath in of Gratitude

Thankful for Life’s Gift

**Exhale** Big Gratitude Breath out

Relaxing into Thankfulness

 **Big Breath Lengthen**

Each **Inhale** longer - Each **Exhale** longer

Slowly **Inhale** a huge breath in of gratitude

Keep going, **Inhale** more, **Exhale** big gratitude Breathe out slowly, blow out more, more

Slowly lengthening into breath’s expansion

 **Breathe Big Lung Expansion**

**Inhale** from chest expanding upper middle and lower parts to the lungs relaxing stomach

**Exhale** from the lowest stomach muscles, keeping chest expanded, vertebrae stacked

**Inhale** heart forward, rolling shoulders back expanding chest & lungs beyond perceived limits

**Exhale** from the lowest stomach muscles pushing all air out of the lungs

**Inhale** as much as perceived possible

Then inhale more

**Exhale** as much as perceived possible, then **Exhale** more

**Inhale** deep, soft, long breath

Pushing past the pain releases the tension

**Exhale** relaxing like never before

**Hold It**

**Inhale** fully, hold it, then relax stomach, hold it

**Exhale** fully, pushing it all out, hold it

**Relax into the Stretch**

Relaxing on transitions of holding the breath on inhale and on exhale. Tell the tension to relax, allowing the muscles to release the stuck emotions and toxins, shifting muscles back to the natural flow. Encouraging muscles to release in a chain reaction.

Calmly settling deeper into the pose.

**Exhale** from tightening lower stomach muscles

**Inhale** from relaxed stomach to deepen Inhale

**Exhale Gratitude** - Exhale more Love - Hold it -

 Relax - Release

**Inhale Gratitude** - Inhale more Love - Hold it -

 Relax - Release

**Advanced Cheat Method**

 Now we take this breathing practice to the next level by really getting into it and expanding and contracting even deeper. This method feels like a cheat and helps push it further

Expanding the Inhale Bigger

Inhale inhale inhale as much as possible

Exhale a little, then inhale more than ever before

Expanding the Exhale Bigger

Little inhales on the grand big exhale will deepening perceived limits

Short Inhale with a much longer Exhale

Relax and breathe naturally after each session

If lightheadedness comes up shift back to natural breath before passing out

We are so happy to be able to gift this to you!

This is inside of our Earth Hug Yoga Book and Program.

We are glad you are ready to take your health to the next level!

The Earth Hug Yoga Book is Available on our website at TheSdic.org

We also have an Advanced Earth Hug Yoga Program

in our Loves’ School.

This program takes each Earth Hug Yoga Pose to another level with Videos and variations of each pose. Go to TheSdic.org/loveschool