

B R E A T H E E A S Y

8 BENEFITS OF PROPER BREATHING TO MAKE YOU FEEL LUCKY

**RELEASES
ENDORPHINS,
THE BODY'S
NATURAL
PAINKILLER**

**IMPROVES
BLOOD FLOW**

**IMPROVES
POSTURE**

**REDUCES
INFLAMMATION
THROUGHOUT
THE BODY**

**IMPROVES
DIGESTION**

**STIMULATES
THE
LYMPHATIC
SYSTEM**

**DETOXIFIES
THE BODY BY
RELEASING
TOXIC CARBON
DIOXIDE**

**RELAXES
THE MIND
AND BODY**

MARCH

**PRACTICE THIS DEEP BREATHING TECHNIQUE TO HELP
CALM NERVES AND EXERCISE THE DIAPHRAGM.**

1

**INHALE FOR
FOUR
SECONDS**

2

**HOLD FOR
FOUR
SECONDS**

3

**EXHALE FOR
FOUR
SECONDS**

4

**HOLD FOR
FOUR
SECONDS**

