



**Keep Moving
Movement**

LIVE well, BREATHE well



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Before You Begin...

Time has played host to a vast array of amazing individuals. Great leaders. Brave dreamers. Fierce warriors. Passionate explorers. No two have ever been alike. Each has been special and played a role in the story of humankind. Each was a force in their own way, and created new pathways through the choices they made.

Centuries have separated some. Others were kept apart by oceans. Yet they all shared a secret. They were bound by the same life force.

You, too, are bound by that force. The power harnessed by those leaders and heroes and warriors can be wielded by you, too.

You are about to learn how they made peace with their emotions, defeated their negative thoughts,, and connected to the world around them.

- Practice their secrets.
- Master their skills.
- Harness the power of breath.



The vedas say, 'If you wish to LIVE well, learn to breathe well.' Here are a few breathing techniques that will help you to LIVE well.

Among many things these breathing techniques will help you to...

1. Be focussed
2. Be composed
3. Be courageous
4. Be healthy
5. Be graceful
6. Be forgiving
7. Be attentive
8. Be positive
9. Be resilient
10. Be peaceful

How many of these qualities do you want?



Breath of The Adventurer

To face fear

The biggest fears are actually
the biggest opportunities.



1. Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Breathe normally for a few seconds. Pay attention to your breathing without forcing anything. Feel the air whooshing in and out of your nose. Observe which body parts are moving as you breathe.
3. Inhale through your nose, fill up your stomach first, and fill up your chest.
4. Hold it for just THREE second. Then, exhale slowly through your mouth. Feel your stomach deflate and pull in as you slowly let the air out of your body. Hold it for a second before starting your inhale again.
5. Do this 7 times. Feel proud, because you just took your first step on this amazing adventure of deep breathing.
6. You are now ready for an adventure. If you were feeling any fear before you began this process, you will find, you are now a bit relaxed and you are willing to **FACE the fear**.

Breath of The Ocean

for overcoming frustration,
irritation

When you master your
emotions, you master
your responses.



1. Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Make a soft sound of your breathing as you inhale (lips closed) and while exhaling (mouth open) too. Notice how it sounds like the push and pull of the ocean on the shore.
4. Repeat 7 times. Feel the relaxation of the ocean wash over you.

Breath of Lightning

for dealing with exhaustion
and low energy

The higher the energy
levels you have, the
better you will be able
to perform.



1. Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Close your right nostril, and take 10 quick breaths in and out through the left nostril. Your belly should be contracting and expanding (moving in and out) with your breath. Repeat with your right nostril.
4. Leave both nostrils open now, and repeat the exercise with both nostrils. Once you've finished, feel the energy tingling in your body.
5. Repeat 7 times. Feel alert.

Breath of The Bee

to conquer an
overactive,
distracted mind

When you are
focussed, you are
powerful



1. Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Switch to breathing in and out through just your nose. Cover your ears using the palms of your hands. On your exhale, make a humming noise in the back of your throat (hmmmm). Continue breathing in and out, humming on the exhale, and letting the hum vibrate in your head.
4. Repeat 7 times, and listen to the humming that sounds like the humming of the bee. Slowly but surely drown out the loud overactive, distracted thoughts in your head.

Breath of Steel

to conquer sleeplessness,
restlessness, anger,
agitation

An agitated mind is
the devil's workshop



1. Find a comfortable position on your bed or on the floor lying face up and arms by your sides. If you can't lie down, find a chair to sit in with your back straight and your feet flat on the ground.
2. Take a few deep breaths in through your nose and out through your mouth to get started. Begin your inhales from deep within your belly.
3. Start with your feet, flex your foot muscles by pointing them up and curling your toes. Hold this tightly for 5 seconds while you inhale, then exhale and relax them completely. Feel the tension flood out of those muscles as you breathe out.

- Move up your body by muscle group, one at a time. Hold each
4. group for at least 5 seconds as you breathe in, tightening the muscles until they are as hard as steel, then completely relax them as you exhale.



a. Squeeze your thighs next,

b. then your hips,

c. stomach,

d. chest muscles,

e. shoulders,

f. arms and hands,

g. neck and finally

h. face muscles.

5. Finish tightening and releasing on your inhales and exhales until you've done your whole body, and feel yourself completely and totally relaxed.

Breath of The Conquerer

to conquer fear, tension,
conflict aversion, confidence

A calm mind = a confident mind.



1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Place the palms of your right hand on your belly button. Focus on the gentle rise of your belly as you inhale, and feel the sinking of your belly as you exhale. Focus on keeping your shoulders and chest from moving, breathing only in your stomach.
3. Repeat 7 times. Feel the calm in your mind by using this simple breath.

Breath of The Explorer

for peace and tranquility

Movement is LIFE



1. This breath is done while walking or moving. Give yourself some room to move and start with a comfortable steady pace.
2. Breathe normally at first, paying attention to your natural breath without forcing anything. Once you're ready, take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Feel your stomach expand with your inhale and sink with your exhale. Keep your breaths nice and long, and time them with your movement. Inhale for a few steps, then exhale for a few steps. Keep the step count consistent, and give your exhale one more step than your inhale.
4. Continue doing this for 7 breaths, or until you've gently wandered to your destination.

Breath of The Cosmos

for driving away guilt,
shame, sadness

Negative emotions
KILL your potential



1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes and breathe normally.
2. Breathe in slowly through your nose, filling up your belly and then your chest. Hold it for a few seconds, then slowly exhale from your mouth while contracting the muscles of your stomach inward.
3. Continue to breathe, and focus on the feelings that are making you feel bad. Imagine those feelings are dust particles floating around in your body. As you inhale, you're pulling them together inside your stomach and chest. As you hold your breath, picture the dust of bad feelings gathered up in a smoky ball. As you exhale, imagine blowing the dust out of your mouth and into the sky.
4. Repeat 7 times, gathering the dust as you inhale, and blowing it away into the cosmos as you exhale.

















4 Week Tracker



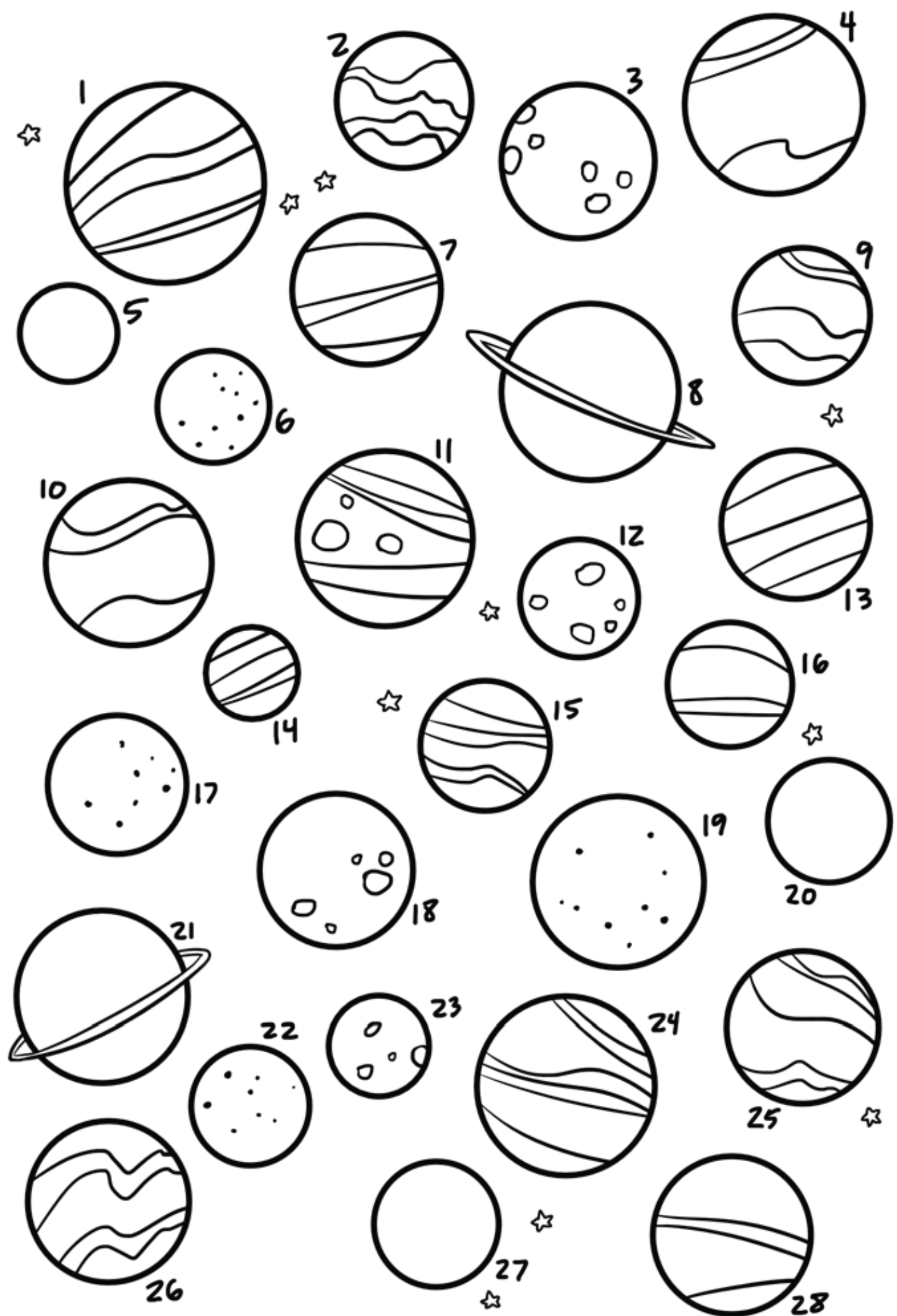
For the next 4 weeks, try to complete at least one Galaxy Breathing exercise each day.

Choose a color to represent each of the 16 Galaxy Breaths to create your key below. Each day, use the colors you chose to show what breaths you completed in the cosmic tracker.

If you do more than one breath in a day, fill that day's planetoid with multiple colors!

- | | |
|---|---|
|  Breath of the Adventurer |  Breath of the Wanderer |
|  Breath of the Ocean |  Breath of the Cosmos |
|  Breath of the Lightning |  Breath of the Galaxy |
|  Breath of the Fire |  Breath of the Dreams |
|  Breath of the Siren |  Breath of the Dragon |
|  Breath of the Genius |  Breath of the Crystal |
|  Breath of the Steel |  Breath of the Hero |
|  Breath of the Conquerer |  Breath of the Magic |

4 Week





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