



Breath of Joy with a Squat

Benefits

- ☯ Restores imbalances in the brain
- ☯ Helps mental imbalances including depression
- ☯ Gentle Energy creator
- ☯ Helps with mood swings
- ☯ Lightly detoxifies
- ☯ With the squat can aid in strength of legs and physical balance
- ☯ Releases tension in the body
- ☯ Excellent warm up in preparation for asana

Description

1. Stand with feet at hip width (or slightly greater)
2. Start with hands in pray position at heart
3. Circle arms out as you inhale.
4. Bring them above your head and take pray gesture
5. Exhale as you bring the hands slowly to the heart and bend the knees into a squat position
6. Inhale and stand up circling the hands.
7. Repeat from Step 4