



**Santhika
Retreat
Center**

Breath for Stress Relief & Clearing Emotions of the Past

Yogi Bhajan

www.santhikaretreatcenter.com

This breath meditation is especially useful for dealing with stressful relationships and with unsettling issues from the past.

Hands are in front of the center of the chest in a tent.

All the fingers touch as do the thumbs which are held separate from hands. Palms do not touch.

1:1:1 ratio breath that uses long slow deep smooth breathing. Inhale for a count of five, suspend the breath for a count of five and then exhale for a count of five.

Eyes gaze at the tip of the nose.

Continue for three to eleven minutes

