

Joy Breath

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MSANTRGSLWE](https://www.youtube.com/watch?v=MSANTRGSLWE)
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SUMMARY

The session focuses on a dynamic breathing exercise called "Joy breath," which combines breathwork with movement to energize participants. The practice encourages individuals to listen to their bodies and adjust the pace according to their comfort level.

- *Introduces "Joy breath" as an energizing breathing exercise.*
- *Combines inhaling and exhaling with arm movements.*
- *Inhale while raising arms, exhale while bringing them down.*
- *Encourages participants to adjust the speed based on comfort.*
- *Promotes awareness of body movement in conjunction with breath.*
- *Aims to invigorate and uplift participants through rhythmic breathing.*

okay so we're going to start off with an energizing breath this morning this one is called Joy breath so we're utilizing our breathing but we've also got some movement with this one okay so we're gonna inhale inhale Raise Your Arms exhale bring them back down inhale maybe go out to your side exhale down on this inhale they're going to come up and on the exhale you're gonna throw

them down and then all the way down so it's going to look like this breath and so you're going to do that one kind of quick but it's only going to be as quick as your body feels comfortable so if it doesn't feel comfortable to fling your body forward you're going to go a little slower all right so let's try that sequence again so inhale exhale inhale exhale

inhale exhale