

Tree Breathing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WBP_T56LSZA](https://www.youtube.com/watch?v=WBP_T56LSZA)
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SUMMARY

The video guides viewers through a breathing exercise while in a tree pose or a modified position for balance. Participants are encouraged to find a comfortable stance and focus on their breath.

- *Begin with three deep breaths while in a tree pose or a modified position.*
- *For balance, use a chair or place one knee down.*
- *If standing is challenging, sit and cross one leg over the other knee.*
- *Position hands in a heart shape while lifting the leg for added stability.*
- *Emphasize the importance of comfort in the chosen pose.*
- *The exercise consists of three slow inhales and exhales.*

to take our three breaths as we inhale and exhale in a tree pos position some of you are yogis and this is super easy for you to do others might need to make some modifications this one you'll take your chair and put your knee down to give you some balance as you inhale and exhale three times or perhaps this might be a pose that you find most appealing and this is where you'll sit you'll take one leg put it over the other knee inhale and exhale three times so get a position that is the most comfortable for you I am going to back up my chair and I am going to take my hands put them in heart position I'm going to lift my leg and so it is against my other knee I'm going to inhale and exhale three times here we go please join me
inhale and
exhale
inhale and exhale
slowly last time
inhale and exhale