

Baseball Breathing

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

Timothy Smith, a certified instructor, leads a class celebrating the Texas Rangers' World Series victory by practicing "baseball breathing." Participants engage in a breathing exercise that simulates the act of swinging a bat.

- *The session is themed around the Texas Rangers' World Series win.*
- *Participants practice breathing techniques while mimicking a baseball swing.*
- *The exercise involves inhaling through the nose and exhaling during the swing.*
- *The focus is on combining physical movement with mindful breathing.*
- *The activity promotes relaxation and concentration through sports-themed exercises.*

hello my name is Timothy Smith I am a certified instructor I'm teaching class today with this wonderful group of proud in celebration of the Texas Rangers winning the World Series we're going to practice some baseball breathing so we're going to start off like we're at the plate we're going to grab our bat okay and as we get ready to go up to bat we're going to take our breath in through our nose and as we swing in slow motion we're going to

Exhale so here we go again one more time awesome