



**Keep Moving
Movement**

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LIVE well, BREATHE well!

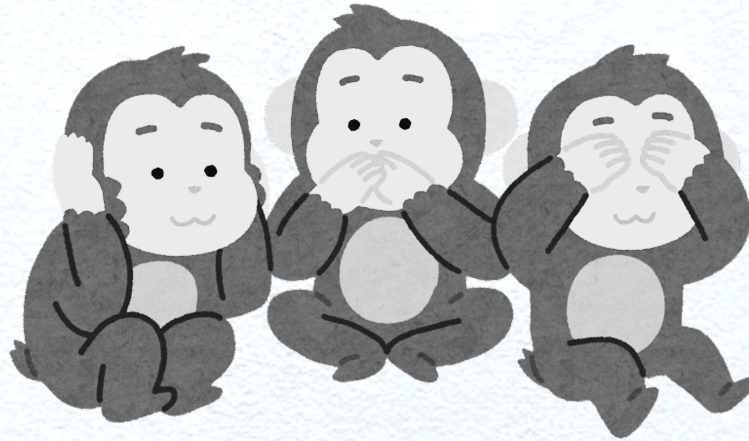


SESSION 5



Have you heard about Gandhi Ji's 3 Monkeys?

Its time to retire those 3 old monkeys with a set of 4 new monkeys



See the Good



Hear the Good



Speak the Good



Do the Good



Time has played host to a vast array of amazing individuals, who have actually lived with these 4 monkeys as their guides. They went on to become.

Great **LEADERS**

Brave **DREAMERS**

Fierce **WARRIORS**

Passionate **EXPLORERS**

All of them also had their inner battles between the 'Voice of Hope and Voice of Despair'.

I am sure you too will win the battle between 'Voice of Hope and Voice of Despair'.

To help win this battle, we will share a deep secret with all of you and that is to "harness the power of their breath."



Scriptures say, "without right breathing, right living is NOT possible". So lets learn that right breathing today. How will it help us?

These wonderful BREATHING
TECHNIQUES will help you to be a
C H A M P

- C** Courageous - (Defeat Fear)
- H** High Energy - (Defeat tiredness)
- A** Attentive - (Defeat distractions)
- M** Mindful - (Defeat frustrations)
- P** Positive - (Defeat negativity)

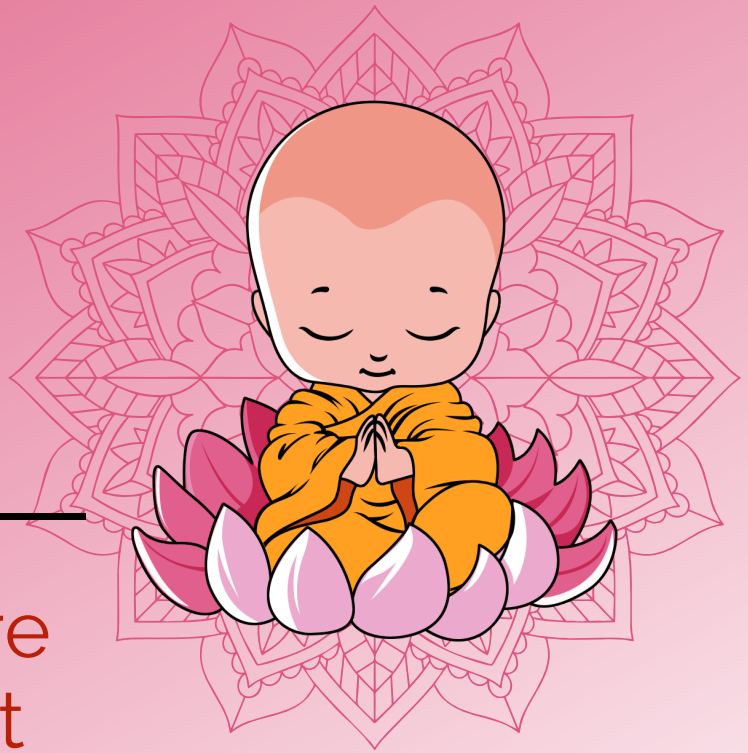
BREATH OF THE ADVENTURER

To face fear

“

The biggest fears are actually the biggest opportunities.

”



1

Start with a comfortable pose. Make sure your back is straight and shoulders are relaxed. Close your eyes.

2

Breathe normally for a few seconds. Pay attention to your breathing without forcing anything. Feel the air whooshing in and out of your nose. Observe which body parts are moving as you breathe.

Continued...

BREATH OF THE ADVENTURER

3 Inhale through your nose, fill up your stomach first, and then fill up your chest.

4 Hold it for just THREE seconds. Then, exhale slowly through your mouth. Feel your stomach deflate and pull in as you slowly let the air out of your body. Hold it for a second before starting your inhale again.

5 Do this 7 times. Feel proud, because you just took your first step on this amazing adventure of deep breathing.



You are now ready for an adventure. If you were feeling any fear before you began this process, you will find, you are now a bit relaxed and you are willing to **FACE the Fear.**



BREATH OF THE OCEAN

For overcoming
frustration
& irritation



— “

When you master your emotions,
you master your life.

” —

1

Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.

2

Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.

Continued...

BREATH OF THE OCEAN

3 Make a soft sound of your breathing as you inhale (lips closed) and while exhaling (mouth open) too. Notice how it sounds like the push and pull of the ocean on the shore.

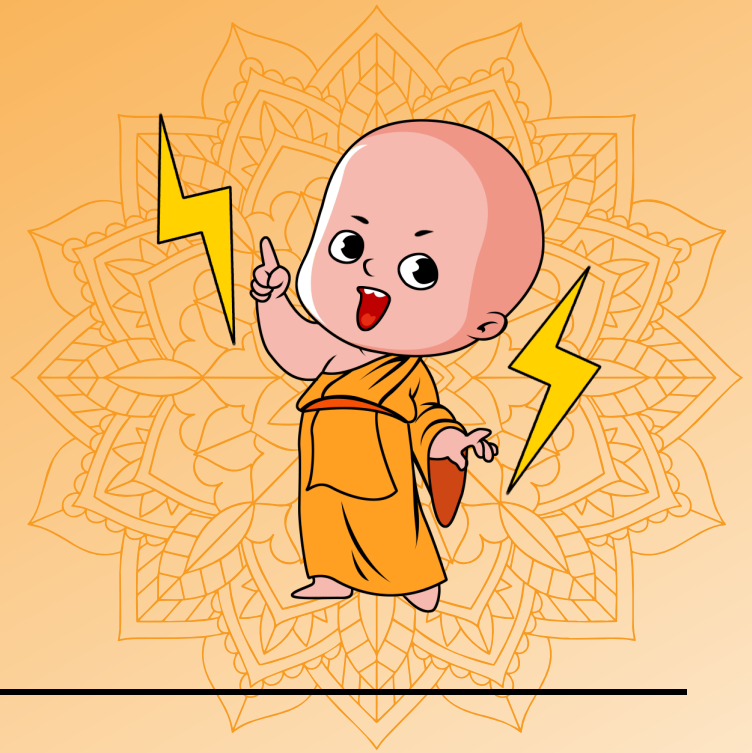
4 Repeat 7 times.



Feel the relaxation of the ocean wash over you...
Smile effortlessly.

BREATH OF THE LIGHTNING

For dealing
with exhaustion
& low energy



“

The higher the energy levels you have, the better you will be able to perform.

”

1

Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.

2

Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly

Continued...

BREATH OF THE LIGHTNING

3 Close your right nostril, and take 10 quick breaths in and out through the left nostril. Your belly should be contracting and expanding (moving in and out) with your breath. Repeat with your right nostril.

4 Leave both nostrils open now, and repeat the exercise with both nostrils. Once you've finished, feel the energy tingling in your body.

5 Repeat 7 times. Feel alert.



Feel the energy tingling in your body.

Raise one finger towards the skies,
look up and say "YES."

BREATH OF THE BEE

To conquer an overactive, distracted mind



— “
When you are focused,
you are powerful.
” —

1

Start in a comfortable pose. You can be seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.

2

Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.

Continued...

BREATH OF THE BEE

3

Switch to breathing in and out through just your nose. Cover your ears using the palms of your hands. On your exhale, make a humming noise in the back of your throat (hmmmm...). Continue breathing in and out, humming on the exhale, and letting the hum vibrate in your head.

4

Repeat 7 times



Listen to the humming that sounds like the humming of the bee. Slowly but surely drown out the loud overactive, distracted thoughts in your head.



BREATH OF THE STEEL

To conquer
sleeplessness,
restlessness, anger,
agitation



— “
An agitated mind
is the devil's workshop.
” —

1 Find a comfortable position on your bed or on the floor lying face up and arms by your sides. If you can't lie down, find a chair to sit in with your back straight and your feet flat on the ground.

2 Take a few deep breaths in through your nose and out through your mouth to get started. Begin your inhales from deep within your belly.

Continued...

BREATH OF THE STEEL

3

Start with your feet, flex your foot muscles by pointing them up and curling your toes. Hold this tightly for 5 seconds while you inhale, then exhale and relax them completely. Feel the tension flood out of those muscles as you breathe out.

4

Move up your body by muscle group, one at a time. Hold each group for at least 5 seconds as you breathe in, tightening the muscles until they are as hard as steel, then completely relax them as you exhale.

5

Squeeze your thighs next, then your hips, stomach, chest muscles, shoulders, arms and hands, neck and finally face muscles.

6

Finish tightening and releasing on your inhales and exhales until you've done your whole body.



Feel yourself completely and totally relaxed



BREATH OF THE CONQUEROR

To conquer fear,
tension, conflict
aversion, confidence



“

A calm mind = a confident mind...

”

1

Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.

Continued...

BREATH OF THE CONQUEROR

2 Place the palms of your right hand on your belly button. Focus on the gentle rise of your belly as you inhale, and feel the sinking of your belly as you exhale. Focus on keeping your shoulders and chest from moving, breathing only in your stomach.

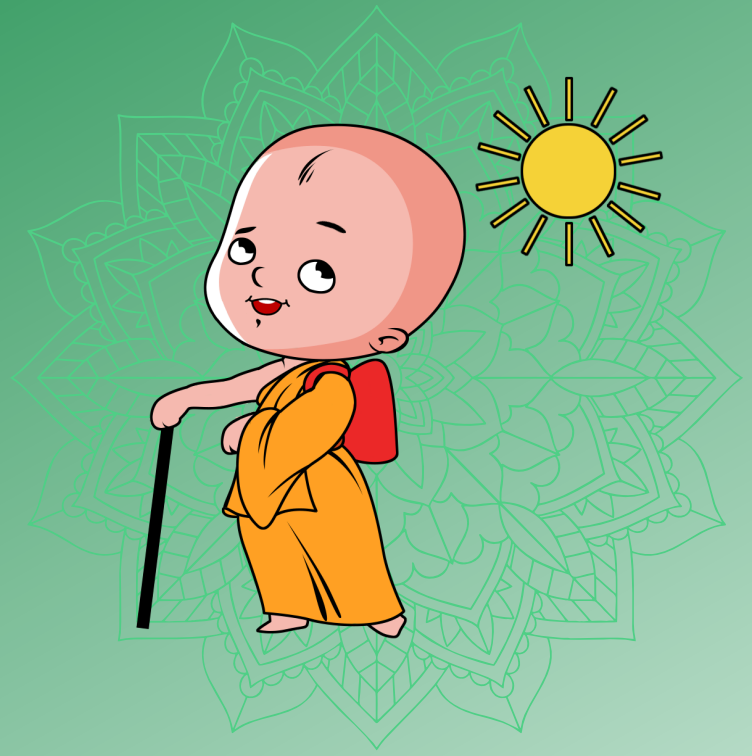
3 Repeat 7 times.



Feel the calm in your mind by using this simple breath.

BREATH OF THE EXPLORER

For peace &
tranquility



— “ —
Movement is LIFE
— ” —

1

This breath is done while walking or moving. Give yourself some room to move and start with a comfortable steady pace

Continued...

BREATH OF THE EXPLORER

2 Breathe normally at first, paying attention to your natural breath without forcing anything. Once you're ready, take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.

3 Feel your stomach expand with your inhale and sink with your exhale. Keep your breaths nice and long, and time them with your movement. Inhale for a few steps, then exhale for a few steps. Keep the step count consistent, and give your exhale one more step than your inhale.

4 Continue doing this for 7 breaths, .

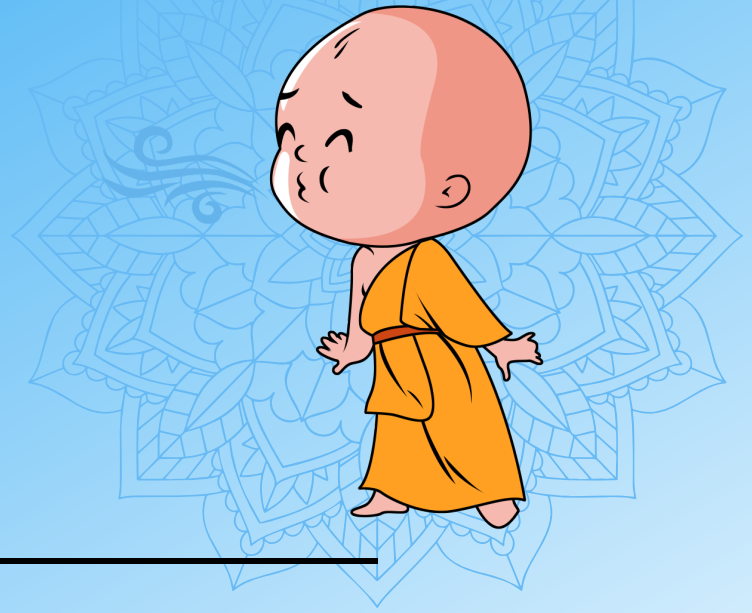


Or until you've gently wandered to your destination



BREATH OF THE COSMOS

For driving away
guilt, shame,
sadness



— “
Negative emotions
KILL your potential.
” —

1

Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes and breathe normally.

2

Breathe in slowly through your nose, filling up your belly and then your chest. Hold it for a few seconds, then slowly exhale from your mouth while contracting the muscles of your stomach inward.

Continued...

BREATH OF THE COSMOS

3 Continue to breathe, and focus on the feelings that are making you feel bad. Imagine those feelings are dust particles floating around in your body. As you inhale, you're pulling them together inside your stomach and chest. As you hold your breath, picture the dust of bad feelings gathered up in a smoky ball. As you exhale, imagine blowing the dust out of your mouth and into the sky.

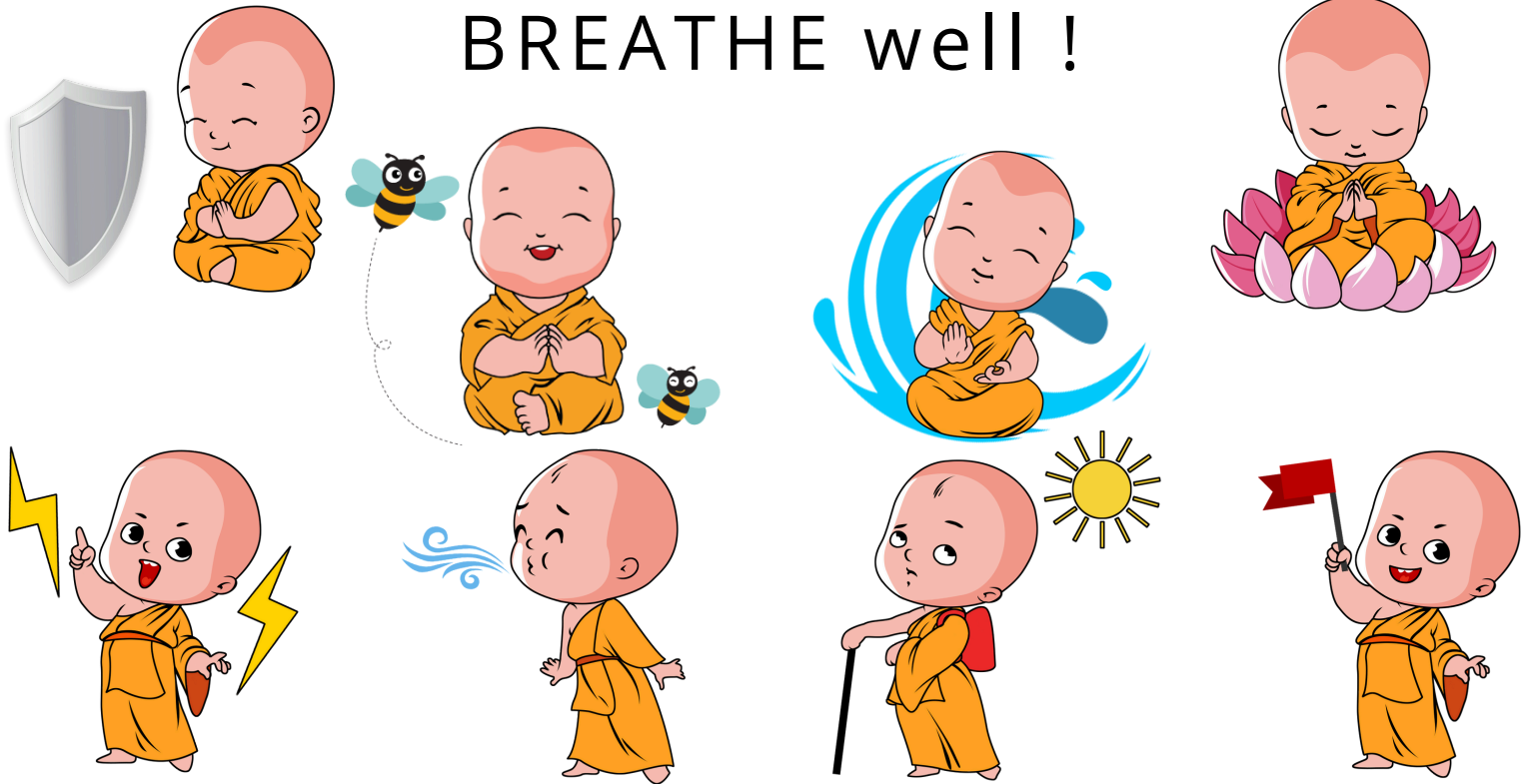
4 Repeat 7 times



Gather the dust as you inhale, and blow it away into the cosmos as you exhale.

KMM 2020 Session 4

LIVE well, BREATHE well !



Email Id: contact@mykmm.org | Contact: 77210 65000



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