**Size: small group, large group, individual, Duration: 15 min**

**TITLE: EASY BREATHING**

**AIMS**:

* To get to know the natural mind in the sense of withdrawing one’s attention from external objects through internalization
* To improve concentration
* To enhance memory

**DESCRIPTION**:

 In implementing the exercise, the trainer/teacher should closely follow the steps:

**Step 1**: Sit comfortably with your spine straight. Let your left arm rest in your lap.

**Step 2:** An alternating breathing follows. Use your right thumb to close your right nostril and start breathing in slowly through your left nostril. Remember the breathing technique from the Perfect Breath exercise. Once you have inhaled fully, use your ring finger to close your left nostril and release your thumb on the right, so that you can breathe out through your right nostril. Now, continue with you breathing in, in the opposite direction - your ring finger still closes your left nostril so that you breathe in through the right one; once you have inhaled, close your right nostril and release the left one so that you can breathe out through this one.

Thus, one cycle represents: breathe in-left

 breathe out-right

 breathe in-right

 breathe out- left

with one nostril closed and then the other.

**Step 3**: Repeat the entire cycle three times (3×).

**Step 4**: Once the participants have acquired the technique, the exercise can be intensified and modified by counting how many times they have inhaled or exhaled, respectively. This has positive effect on the concentration, e.g. 6 units of inhalation, 6 units of exhalation or 8x8.

**MATERIAL: /**

**PREPARATION:**

The trainer/teacher should provide for proper ventilation or he/she can decide to do the exercise outdoors. Make sure the participants wear comfortable clothes. Breathing exercises should be done at least an hour and a half after the last meal.

**COMMENTARY:**

The exercise is intended to improve concentration; mind becomes peaceful and translucent. It is appropriate for all age groups and can be implemented either individually or in groups.

**EVIDENCE:** Theoretically grounded

**AUTHOR:** Dr. Daniel Goleman

**SOURCE:** The Meditative Mind (Mind and Life Institute)