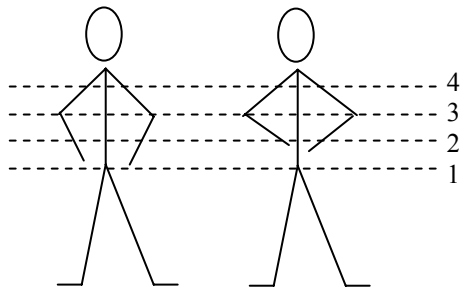
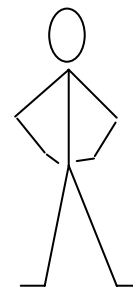


# Three Dragon Breaths



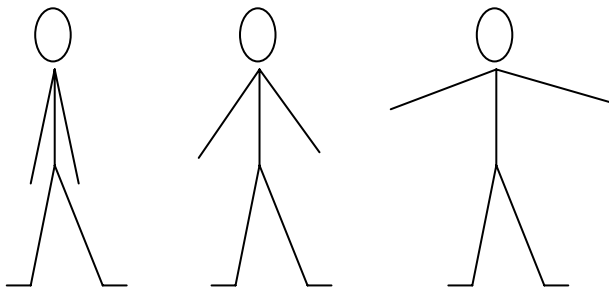
**INHALE**



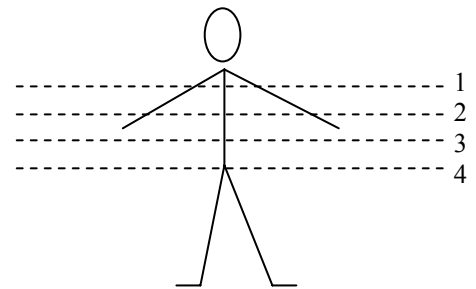
**EXHALE**

## White Dragon Readies for Sleep

- Inhale in 4 short breaths bringing hands up at 4 different levels
- Hold to the count of 4
- Exhale smoothly bringing hands down in front of body
- Hold to count of 4
- Pause and breath naturally



**INHALE**



**EXHALE**

## Green dragon begins to arise

- Inhale arms smoothly up to shoulder level
- Hold to count of 4
- Exhale in 4 short bursts, with arms at side coming down as if pumping a bellows
- Hold to count of 4
- Pause and breathe naturally

### Benefits:

- Differentiated breathing awakens various states of consciousness and teaches us about the relationship between breath and mind. It is likely that differentiated breathing is a form of neurological re-education. New circuits, new connections are formed; rusty, unused pathways are awakened.
- Deep breathing increases the blood's oxygen level and counteracts anxiety.
- Conscious breathing supports clear thinking and a clear mind, perhaps even unlocking the gate to new insight.
- Deep breaths cause the diaphragm to descend and compress the lymph-rich tissues of the organs and glands. This propulsion of the lymph carries toxins out of the body, as well as carrying the immune cells throughout the system.
- Builds strength and endurance in the lungs.

## Red Dragon Stokes the Fire

- Begin in horse-riding stance
- Inhale in 4 short bursts
- Hold to count of 4 as you contract and expand the abdomen
- Exhale in 4 short bursts
- Hold to count of 4 as you contract and expand the abdomen
- Pause and breathe naturally

