

Breath to Ignite Kindness and Compassion

Opens us up to deeper levels of kindness and compassion to ourselves and to others.

We open into greater experience of space which allows for more connection.

- **Sit**
- **Eyes** closed
- **Mudra:** little fingers touch: tips of middle fingers touch; palms face up; hands held at heart center
- **Inhale:** 8 strokes thru nose
- **Exhale:** slight whistling sound – relax whole body with this exhale whistling -calms the nervous system-

Continue for 7-11 minutes

At end: Inhale. Hold breath with awareness at heart center
Exhale. Relax

May we walk together, talk together, and may our actions be in harmony with each other.

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