

Title:

The Art of Breathing - Your First Key to Unlimited Energy

Word Count:

550

Summary:

We all take breathing for granted. And very few of us realize the importance of good for a health. This article attempts to unravel the secrets of correct way to breathing and explains why and

Keywords:

hypnosis, hypnotic, hypnotism, hypnosis techniques, hypnosis training, self-hypnosis, learn hypnosis

Article Body:

Yes, breathing is an art, and it is a very scientific art. The act of breathing is much more than just

Breathing has always been a part of our wellness arsenal, but somehow as one grows older, breathing

So, what is the correct way of breathing?

Have you ever seen a baby breathe? In and out, deep and even, slow, easy and calm. If you look

Now, compare this with your own style of breathing. Chances are that you will find that it differs

The trouble is that this has become something normal in most people's lives. Over the years, breathing

This shift in breathing pattern, however, is not a natural feature of growing older. Many experts

"The way we breathe can have a profound effect on the way we feel," says psychologist Dr. Phil

Apart from the health benefits, deep breathing also results in a much better feeling of well-being

Practicing Belly Breathing

Find a comfortable place to sit down. Make sure you are wearing thin and comfortable clothing.

1. Breathe in through the nose, counting two.
2. Hold, counting up to four.
3. Breathe out through the mouth, counting three.

As you breathe in, feel your stomach fill up with air and expand outwards, and as you breathe

Do this ten times, three times a day for the next one week and see how your health improves.

Happy Breathing for a Healthy LIFE.

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