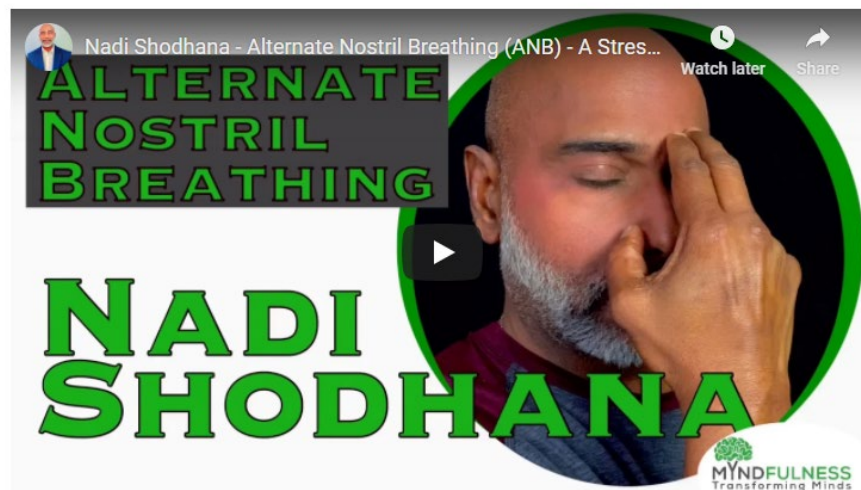


Video Tutorials – Breathing Techniques



The 3-Minute Breathing Space Meditation- Les Aria, PhD

The 3-minute breathing space meditation is a great way to do a self check-in. It is also a great way to ground yourself when feeling stressed, anxious, or experiencing bodily tensions. This practice is an attention training meditation. It teaches you to “wake-up” from the autopilot of the mind and to take notice that the mind is pushing you around. In this practice, you learn to “attend and be friend” what you do not wish to welcome – negative thoughts difficult emotions and painful physical sensations.



Nadi Shodhana – Alternate Nostril Breathing (ANB) – A Stress Buster

This video shows you how to quickly get relief from stress, worry, or muscle tension by balancing your nervous system. Nadi Shodhana, also referred to as alternate nostril breathing, is the style of breathing test and practice for hundreds of years. The science of breathing shows its effectiveness.