



Victory Breath Instructions

Step 1. Hello, (whispering from the back of the throat)

Step 2. Haaaaa, (pushing the air out from the back of the throat)

Step 3. Now close the mouth and continue to push the air from the throat.

Step 4. Now breath in from the back of the throat.

Step 5. Continue to breath making the sound from the throat and close the eyes.

Step 6. Without straining on the breath, keep making the sound from back of the throat on the inhale and exhale.

Step 7. With the eyes closed go back to silent, normal breathing, (do this back and forth 3 times, going from Victory Breath to normal breath with the eyes closed, reminding them to make the sound gently, softly, without straining).

Step 8. Ask them to slowly open the eyes, and then to share, How do you feel in this moment?

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