

Power breath

Empower.Boost Confidence. Energize

Standing in mountain pose with your feet no more than hip distance apart. Breath in while bringing your arms up to the sky and grab some of the sun's energy and power. Exhale forcefully with an audible "ha" while drawing the sun's energy down into your own place of power- your solar plexus just below your ribcage. Repeat until you feel your personal place of power is filled with power and light.

Now think of a positive affirmation to say while your arms are reached towards the sun. Some affirmations might be: "we've got this", "I am filled with strength", make one of your own or pick one from Penny's emails. Now with this positive affirmation and breath in while bringing your arms up to the sky and grab some of the sun's energy and power. State your positive affirmation, then exhale forcefully with an audible "ha" while drawing this positive affirmation down into your own place of power- your solar plexus just below your ribcage. Repeat 3 times.

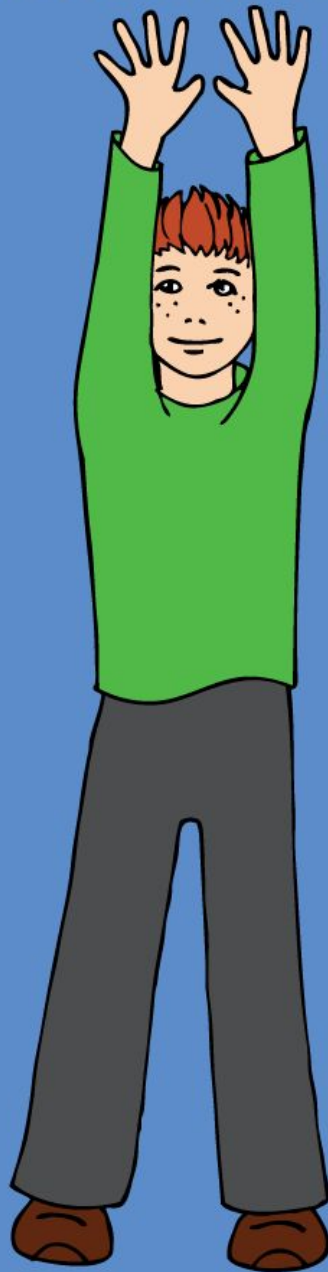
My wish for you today is: May you be happy, may you be peaceful, may you be filled with love. This makes me think of a song that I used a couple years ago with students during a mindfulness station. Enjoy and may the positive lyrics get stuck in your head. https://www.youtube.com/watch?v=RU_Vj0kytFo

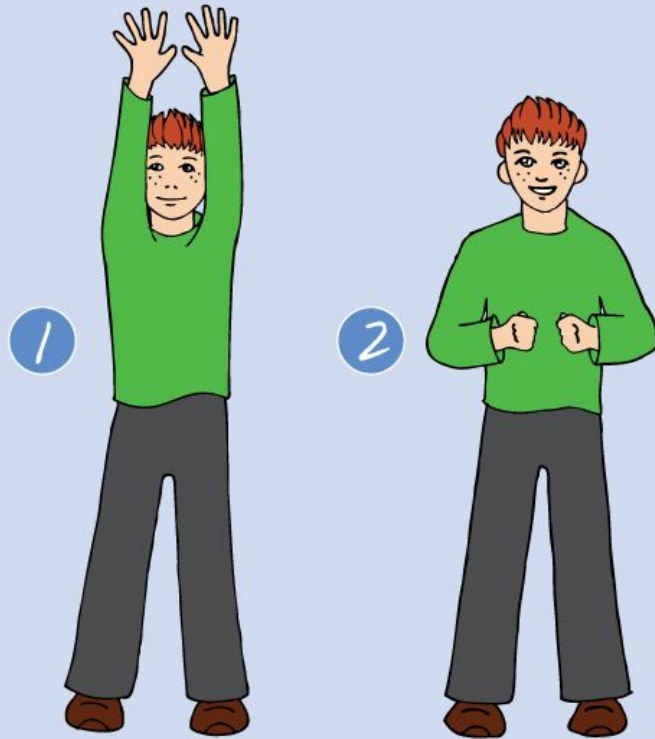
Be well

Margaux

Power Breath

Empower. Boost confidence. Energize.





1. Begin in Standing Mountain with feet hip distance apart. Breathe in while raising your arms up to the sky to grab some of the sun's energy and power.
2. Exhale forcefully, "Ha!", while drawing the sun's energy down into your own place of power - your solar plexus, located just below your ribcage. Repeat this breath until you feel your personal place of power is filled up with power and light.



- **Alternate hands.** Alternate reaching one hand at a time towards the sun, rather than both hands at the same time.
- **Add an affirmation.** Add power-boosting affirmations to this breath, such as "I have the sun within me...Ha!" or "When I feel anxious, I can breathe in the sun's power...Ha!" or "I am filled with strength (or energy, or confidence)...Ha!" Do you feel the power and energy of your words in your body? Discuss.