

GOLDENRULEISM BREATHING GEMS

Practice, Enjoy and feel the benefits from a few of our Breath games/ Gems.

Feel more of a sense of Calm, control and peace. To be shared with children, learned from animals and our nature.

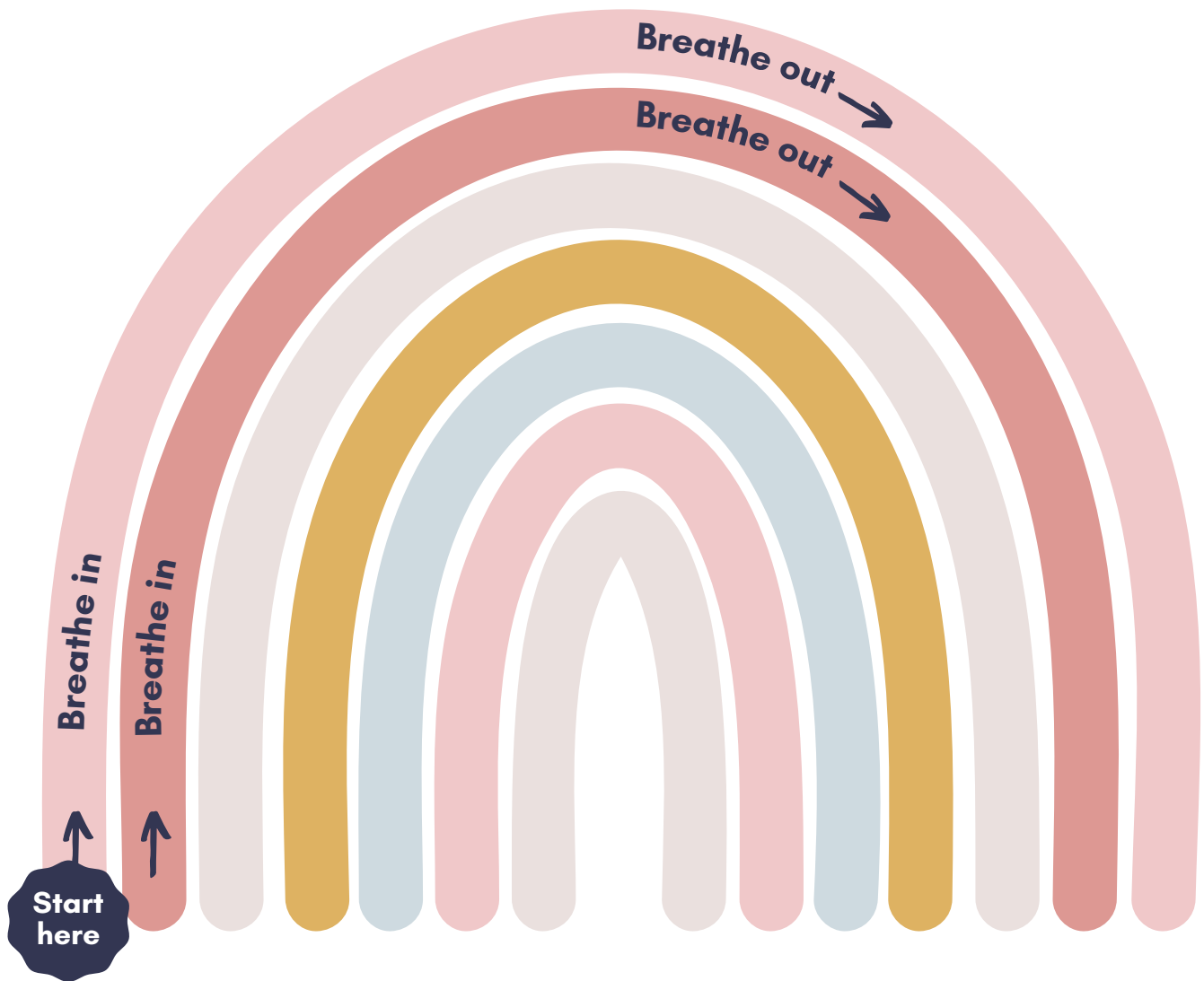
Going softer, slower & lighter to feel, have and be more you.

All of our breath games/gems have been developed by our own certified breathwork practitioner on behalf of [GoldenRuleismcan](#).
if you are pregnant or suffer from any severe respiratory conditions, please consult your medical supports before practicing these activities.

@GoldenRuleism

RAINBOW BREATHING

BRAIN BREAK



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a beautiful soft, slow, light & long breath in through your nose, until you reach the middle. When you reach the middle begin to exhale also through your nose, as you trace the rainbow to the end, on the right. See how slow, soft and light you can make your breath

Repeat with every colour to feel more calm, peaceful and strong.

BUMBLE BEE BREATHING

BRAIN BREAK



Sit comfortably with your legs crossed if its possible and feel a smile come to your lips.

Enjoy a beautiful breathe in softly, slowly & lightly from your belly, through your nose for around 4 seconds.

See if you can pause your breath for around 4 seconds.

As you breathe out, keep your mouth closed & make a soft, slow & light Bee Buzzing or Humming sound for as long as comfortable.

The comforting vibration of this wee practice has a calming effect on your body and your mind.

Repeat the (BBB) bumble bee breathing until you feel calm and relaxed.

SNAKE BREATHING

BRAIN BREAK



Sit in a comfortable & secure position.

Inhale softly, slowly & lightly from your belly, through your nose for around 6-8 seconds.

Hold or pause your breath for around 4 seconds.

Exhale softly, slowly & lightly through your mouth while making a hissing sound through your teeth, for as long your breath allows you.

Pause for a few seconds before you inhale again and repeat the cycle.

Practice 3-7 times for a boost of controlled and relaxed energy .

BALLOON BREATHING

BRAIN BREAK



Think of your belly as a balloon

INHALE

Place your hands on your belly and breathe in softly, slowly & lightly through your nose. Feel your belly, ribs and chest expanding out like a balloon. Pause your breath for 2 seconds

EXHALE

Keep your mouth closed and slowly feel all the air release from your nose back to your belly, as if deflating your imaginary balloon. Repeat this exercise 3-5 times or until you feel a sense of calm and peace in your body and mind.