

Mindful breathing practice: breathe slow, low, soft, & silent



YOGA MOVES **MS**

- Begin in a comfortable seated position with a tall spine, without being rigid.
- Slowly inhale through your nose.
- Breathe low so that your belly expands on the inhale. Feel your belly rising, the expansion into your rib cage, and gradually upward toward your heart.
- Slowly exhale through your nose.
- Feel your belly softly descend so that you feel your chest, front ribs, and belly recede like a wave.
- Practice for 10 to 20 cycles.
- Avoid gasping, pushing or pulling the inhalations and exhalations.

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**Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.