

How to Relieve Stress with Lion's Breath

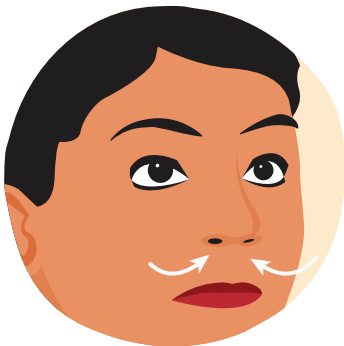
Soothe tension in your chest and face with this energizing yoga breathing practice.
Repeat the sequence below until you feel more relaxed.



1. Come into a comfortable seated position. You can sit back on your heels or cross your legs.



2. Press your palms against your knees with your fingers spread wide.



3. Inhale deeply through your nose and open your eyes wide.



4. Open your mouth wide and stick out your tongue, bringing the tip down toward your chin.*



5. Contract the muscles at the front of your throat as you exhale out through your mouth by making a long “haaa” sound.



6. Turn your gaze to look at the space between your eyebrows or the tip of your nose.

*Steps 4, 5, and 6 happen at the same time.