



Boost Your Immune System

1 exercise 3 min - 5 min *Reaching Me in Me*

This exercise brings energy to your immune system to fight infection. It is a very healing exercise. When you feel a tingling in your toes, thighs, and lower back it is an indication that you are doing the exercise correctly.

1. Dog Breath

Dog Breath (3 minutes to 5 minutes)

1. Sit in easy pose with your chin in and your chest out.
2. Stick your tongue all the way out and keep it out as you rapidly breathe in and out through your mouth. This is called Dog Breath.
3. Continue this panting diaphragm breath.

To End

1. Inhale, hold your breath 15 seconds, press the tongue hard against the upper palate. Exhale.
2. Repeat this sequence two more times.

Breath Dog Breath

