

## Ocean Breath

Sit, lie, or stand in a comfortable position.

If you have difficulty breathing slowly and run out of breath too soon while exhaling, try this Ocean Breath practice. Gently open your mouth and begin breathing long, slow deep breaths in and out through the mouth.

As you inhale through the mouth, feel at the back of your throat where the cool air makes contact with the throat and tongue. Now, gently constrict the muscles in the epiglottis area by bringing the back part of your tongue up and back slightly.

When you constrict these muscles and exhale, it will create a fog breath effect, similar to when you huff on a pair of sunglasses to clean them, or huff to fog up a mirror. You will also notice a sound as you do this, like white noise.

Now, still constricting your epiglottis as you breathe through the diaphragm, gently close your mouth and breathe instead through your nose. This will produce a sound similar to the ocean (hence the name, Ocean Breath) as it helps you to exhale more slowly.

Continue Ocean Breath for approximately five minutes, attending to the sensations of breathing and the sound of your breath.

