



# ACCESSIBLE YOGA FOR EVERYDAY LIFE

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Yoga, Holistic Coaching

TAKE A FEW MINUTES EACH DAY TO STRETCH AND BREATHE FOR OPTIMAL WELLNESS



## Five Minute Breath Work

Practice in a chair, seated on the floor, or laying down

Close eyes, breathe in through nostrils, breathe out through mouth

Feel the body settle

Breath in and out of nostrils 3 to 6 ratio breath count several times

Tips:

- You can sit in a chair or seated on the ground
- You may also do hands and knees cat cow



## Five Minute Movement Break

### Cat Cow

- Breathe in and out through nostrils
- Inhale Cow
  - soften belly, lift chest, look up
- Exhale Cat
  - round spine, drop chin toward chest



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### Seated Twist-Chair or Floor

- 10 Cycles of breathe in and out of nostrils each side