

Deep Breathing

1. What is Deep Breathing?

Deep breathing is a type of breathing exercise that helps in the exchange of gases. It is also a form of pranayama practiced during yoga to relax the body and mind.

2. The Breathing Process

When we breathe in (inhale):

- Air enters through the nose.
- It moves down the windpipe and reaches the lungs.
- Oxygen is absorbed into the blood.

When we breathe out (exhale):

Carbon dioxide (waste gas) is released through the windpipe and nose.

- Blood carries oxygen to the heart.
- The heart pumps oxygen-rich blood to all parts of the body.
- This process makes our blood pure.

3. Fun Fact!

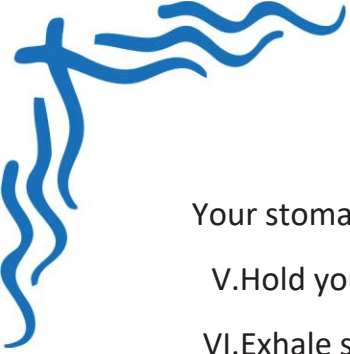
Your heart beats over 1,00,000 times a day!

4. Activity: Feel Your Breathing

- I. Place one hand on your chest and the other on your tummy.
- II. Breathe in deeply through your nose. You will feel your chest and tummy expand.
- III. When the diaphragm contracts (tightens), it pushes some organs down, creating more space for your lungs to expand.

5. Steps for Deep Breathing Exercise

- I. Find a quiet place to sit or lie down.
- II. If sitting:
 - Keep your back straight and feet flat on the floor.
- III. Close your eyes to relax.
- IV. Inhale slowly through your nose.



Your stomach will swell slightly.

V. Hold your breath for a few seconds.

VI. Exhale slowly through your mouth.

- Your stomach will go in as you breathe out.

VII. Repeat several times to feel calm and relaxed.

Key Benefits of Deep Breathing

- Improves the exchange of gases.
- Relaxes the body and mind.
- Helps in stress relief.
- Boosts oxygen supply to the body.