



3 EASY WAYS TO IMPROVE YOUR BREATHING AND CALM YOUR NERVOUS SYSTEM

Yoga Practice & Personal Training With Jess Sutcliffe

Breathing through your nose works as a filter for dust, allergens and pollen. Your nose humidifies the inhale making it easier for your lungs to use.

Nitric Oxide (NO) is released in the sinuses, NO is a vasodilator, meaning it helps to widen blood vessels, improving circulation.

If we're not breathing through our nose and effectively breathing with our diaphragm, **this can cause irregular face and jaw development**, bad posture and can lead to multiple health issues.

Luckily, **this can be reversed**. Here's 3 simple breathing exercises to practice daily to improve not only how you breathe, but also regulate your nervous system and how your body functions.

Exercise #1 Opening the back ribs

Exercise #2 Nadi Shodana/Alternate nostril breath

Exercise #3 Viloma/Interrupted breath

www.yogafreshnz.com