



## Yin Wave Breath

This is a slow relaxing breath that helps your parasympathetic system down-regulate you.

Imagine a circular wave like the one that's created when a raindrop lands in a still pond. Envision this ripple rolling out from a central point in the middle of your diaphragm and/or solar plexus.

As you inhale and the barrel of your chest expands, imagine a circular wave rolling outward from your center. Exhale and as your chest contracts, see the circular wave flow back to your center. Use a natural tidal rhythm with no pause. Continue to breathe, envisioning circular waves rolling in and out in the ancient rhythm of the sea.