



The body is always moving even when we are at rest. The breath moves in and out of the body. Beginning the day with belly breathing can help 'clear the dust' and is a great way to gently wake the body.

#### Belly Breathing Exercise:

Lying on your back, placing your hands on your belly, inhaling through your nose allowing the belly to rise/expand and as you exhale the breath through the nose or mouth noticing the belly contract. The focus is on the breath and your hands moving up and down on your belly as it moves with the movement of breathing. Log onto [www.carefreeme.ie](http://www.carefreeme.ie) to download a free audio recording.

#### Sunshine breath:

This exercise can be practiced as you sit on the edge of your bed. Notice your feet connected to the floor and your arms are down by your sides. Taking an inhale sweep your hands away from your body so that they meet overhead. Join the palms together begin the exhale as your hands are in prayer position move to your heart centre. The hands then sweep up the sides of the body as you inhale and they reach overhead until the palms touch and you exhale allowing the joined palms return to heart centre.

See if you can practice this for 5 rounds and notice how you feel afterwards. This movement allows the upper body to stretch and the awareness on the breath allows the mind to slowly connect with the body.

Here are some simple upper body movements ~ placing your fingertips on the front of your shoulders. As you breathe in, begin to move your elbows to meet drawing them up and apart until they are above your shoulders. Then as you breathe out allow the elbows to move backwards, opening the chest and returning to the starting position. This movement is great in a clock wise and anti-clock wise position. The speed of your movement is a reflection of the speed of your breath and your mind. By slowing down the movement, noticing the in and out breath, the mind will follow suit and you will begin to feel the benefits of this simple yet restorative movement.

The same applies to making a fist and moving the wrist in a circular fashion clockwise and then reverse. Notice your thoughts as you focus on the speed of the movement and your breathing. This can also be practiced for your ankle movements too.



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