

Breath Work

- Hard time catching your breath or breathing deeply or get winded easily?
- Told you have POTS or chronic fatigue?
- Let's improve the way you breathe. Make sure you are in clean air or outside. So with correct breathing patterns, we can directly regulate our stress and even affect the way our body digests food affecting the bacteria in the gut.
- Lying on your back or sitting- Deep belly breath focus. 10 sec in, hold for 10 sec, 10 out sec and do 10 times.
- Next level would be to add stretch to the above.
- Use the clock or reminders in your phone to take a breather break.

Other tips:

- Free Yoga videos
- Oxycise videos