

TOTAL HEALTH THROUGH RHYTHMIC BREATHING

Exercise Name	Description
3SRB #1: Chest 	1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min Purpose: Energy and improve Impatience Health: Heart & Breathing
3SRB #2: Stomach 	1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min Purpose: Get rid of Fear (Live for Now). Release of Negative Emotions Health: Digestion, Intestine, Colon, Pancreas (Diabetes)
3SRB #3: Floor Exercise 	Touch your Toes (Stomach and Chest Together) 1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min Purpose: Backbone – Happiness. Relief of Tension Health: Arthritis, Neutralize Acidity
3SRB #4: Staccato Breathing (Installment) 	5 IN – 1 OUT Time: 1 min – 20 Purpose: Memory, Increase Shallow Memory. Forget Deep Memory Health: Alzheimer, Dementia, Memory, Lungs
3SRB #5: Square Breathing 	Breath In – 5 - Hold – 5 Breath Out – 5 - Hold Empty – 5 Time: 1 min – 3 Purpose: Calm the Monkey in the mind Health: Immunity, Calm the Inner Chatter
3SRB #6: Bund in the throat 	Block the Nose and Swallow 5 times Time: 1 min – 6 Purpose: Energy of Genius, Remove the Unhappiness (“Dukh”) Health: High Blood Pressure, Thyroid
3 in Reverse Order - 3SRB #3 - 3SRB #2 - 3SRB #1	Time: 3 Min
Total	9 Min

3 Step Rhythmic Breathing – This is not an exercise, a way to breath all 24 Hrs

Exercise Name	Description
3 Step Rhythmic Breathing	Both Chest and Stomach Together 1, 2, 3 IN 5, 6 OUT Time: 1 min 12 Breaths Purpose: Total Health, Balance Emotions & Calm the Mind