

WELCOME SPRING WITH A FULL BREATH OF EASE! [May 2011]

Did you know that breathing fully and deeply yields wonderful benefits for your health? It is easy not to notice how we breathe because it happens automatically. In fact, many of us do not know how to effectively harness the power of the diaphragm muscle, which directs the inhale and exhale action of our lungs; instead, we often fall into tight, shallow breathing that can lead to mental and physical tension and fatigue.

Breathing more deeply allows your body to absorb the lungs' full capacity of oxygen, which nourishes your cells and helps keep vitality high. A full breath also helps to stretch the muscles of the back and chest, which frees up movement, and naturally shifts posture to keep the upper chest open and shoulders back.

Breathing fully and deeply is particularly important as a stress and anxiety buster--the more you focus on slowing the breath and filling your lungs to capacity, the better you can face challenges with clear thinking, calm and flow. Slow breathing engages the nervous system map that knows how to rest and relax and helps to disengage the high adrenaline, fear driven, fight or flight response.

Please feel free to ask for help in learning to breathe your best. I am happy to assist!

So when you step out to enjoy this amazing spring, open your heart towards the sun, inhale slowly and deeply and breathe ease into your life again!

Warm regards,
Monica Aranguren, LMT

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