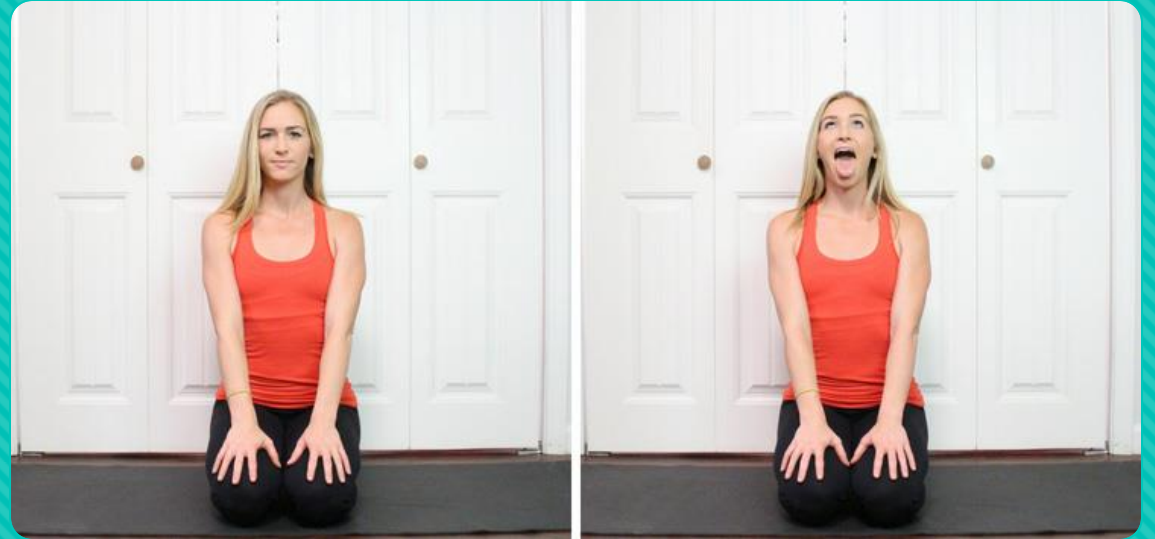


# Regulation Tools



Amelia Hunt



# Lions Breath

-Powerful form of pranayama that can be used to clear throat chakra and stagnant energy

-Sit comfortably. Breathe in fully through the nose, then open your mouth wide and stick your tongue out like a lion yawning/roaring, and forcefully exhale through your mouth with a "ha" breath (as if trying to fog up a mirror) while keeping tongue out for entirety of the out breath.

-Relax face and breathe normally for a few breaths. Then, repeat at least 3 times

# 4-7-8 Breathing

- Calming form of pranayama
- Can reduce anxiety, aid in sleep, and improve heart and lung function
- Breath in for 4 seconds, hold for 7, exhale for 8



# Resources

- Fletcher, J. (2023, October 17). *4-7-8 breathing: Benefits and how to use it*. Psych Central. <https://psychcentral.com/health/4-7-8-breathing#what-is-it>
- Regan, S. (2022, July 7). A powerful breathwork exercise to help clear your throat chakra. mindbodygreen RSS. <https://www.mindbodygreen.com/articles/lions-breath>
- *10 healing symbols with spiritual powers - centre of Excellence*. 10 Healing Symbols with Spiritual Powers - Centre of Excellence. (1970, May 16). <https://www.centreofexcellence.com/healing-symbols/>