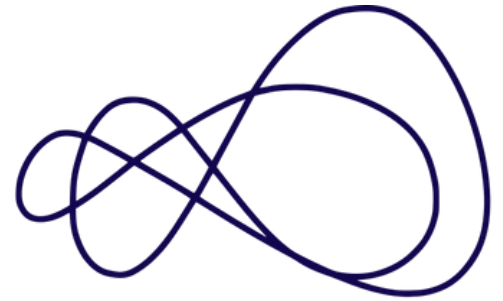


# 5 REASONS FOR CONSCIOUS BREATHING



BODIES AT WORK



- 1 Breathing boosts your energy level.**
- 2 Breathing is the simplest way to reconnect body and mind.**
- 3 Breathing increases awareness of yourself and your surroundings.**
- 4 Breathing supports quieting of the mind.**
- 5 Breathing makes you feel alive.**