



Breathing with awareness of purpose

Breathing with awareness of purpose is a technique to calm, relax, strengthen focus and concentration. This tool stimulates compassion and empathy resulting in a feeling of contentment, happiness, and inner joy.

Breathe in what is good for me, Breathe out what is good for everyone

Breathe in Positivity, Breathe out Optimism

Breathe in Sensitivity, Breathe out Compassion

Breathe in Trust, Breathe out Team Spirit

Breathe in Appreciation, Breathe out Joy

Breathe in Understanding, Breathe out Love