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LET'S LEARN TO BREATHE HARMONIOUSLY

In the morning, from the moment your diurnal ego took back his position, splash your face and neck with a bit of cold water. Without drying it with a towel, open the window and breathe. Perfectly lucid and aware, breathe out all the air that you feel that you have in your lungs. Then breathe in the outside air slowly and deeply and breathe out again...

You will notice right in that moment that you can start your day differently.

Maybe you think to yourself, "No way, how can this teach me how to breathe, I have been doing this thousands of times a day." Yes, you are right in a way... But so far you have just been breathing instinctively. Of course, this instinct is enough when you are in nature, and there's fresh air, without gases and chemical waste, without excess of insufficiently burnt hydrocarbon, fuming from millions of vehicles day and night.

You can breathe freely, instinctually, at 2000 m altitude among the trees from the outskirts of a forest, in the summer or on snowy hills in winter. But when we live in the conditions imposed by the modern times, in the haste of the city, that is the moment when it is good to learn how to breathe.

This is what another important phase from Yoga can offer you: the control of the breath.

Breathing is essential, as we can live without water and without food for a few days, we can resist no more than a few minutes without air.

