



Greetings, I continue to hope that you are doing well and finding ways to thrive during our shelter at home time.

This week's message—Just Breath! You may wonder how deep breathing really works—it increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness. Breathing techniques help you feel connected to your body—it brings your awareness away from the worries in your head and quiets your mind.

Here are 2 different options to increase deep breathing in your life. I encourage you to try one of them and if you like please share your experience with me this week.

1. Use **meditation/deep breathing apps**. The exercises are usually a short 3-5 minutes. Here is the finding from my search: **Top meditation apps for Android and iPhone.**

Ten Percent Happier Meditation Buddhify Simple Habit Breathe2Relax Relax Stress and Anxiety Relief	Headspace Calm Universal Breathing — Pranayama Paced Breathing
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2. Try a **yoga** experience at your leisure this week via YouTube. Here are the top 8 favorite instructors. Please find one you like and let me know how it benefited you.
 - a) Adriene Mishler of Yoga with Adriene. ...
 - b) Jessamyn Stanley. ...
 - c) Briohny Smyth of Yoga with Briohny. ...
 - d) Tara Stiles of Stråla Yoga. ...
 - e) Faith Hunter. ...
 - f) Sarah Beth of Sarah Beth Yoga. ...
 - g) Koya Webb. ...
 - h) Kassandra Reinhardt of Yoga with Kassandra.

~All my best, Dr. Melissa Huy