Mindfulness

Today, we live in a very stressful way. About 655,000 Americans die from heart disease each year.

This is why many people do breathing exercises when they want to relax. Breathing for relaxation started in India thousands of years ago. Breathing exercises help you relax, and be happier.
There are many ways to breath. When you want to relax you should breath deeply. You should breath in for 3 seconds, hold your breath for 8 seconds and breath out for 3 seconds. Repeat this for 10-15 times.

Answer the questions:

1. How many people die from heart problems in America?

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2. Where did breathing for relaxation start?

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3. What are the three steps of the breathing deeply method?

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LIVEWORKSHEETS