



Liz Fletcher Brown

Put the

Cha-Cha-Cha

into your business and your life!

Breathing Exercise

Simple deep breathing is a great way to still an overactive mind and calm you down, or uplift and energize you.

1. Put one hand on your belly and one hand on your solar plexus.
2. Take a nice long inhale through your nose, and as you exhale through your mouth, imagine you are cooling a hot bowl of soup.
3. As you inhale, feel the solar plexus and belly soften, and as you exhale feel them relax.
4. With each breath make the inhale and exhale a little longer.
5. If you are feeling tired or sluggish and want to energize your body and your brain, focus on the inhale and make it twice as long as the exhale.
6. If, on the other hand, you want to calm and relax your body and mind, focus on the exhale and make it twice as long as the inhale.

**For more information or to take the free self-test
"Are You An Adrenaline Junkie?" go to:
www.LizFletcherBrown.com**