



NESHAMA

Psalm 46:10

SIGNATURE BREATHING TECHNIQUE™

NOSE BREATHING



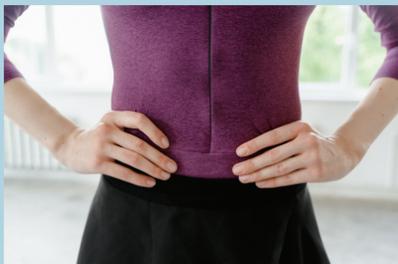
Breathing through the nose filters the air, humidifies the air, and produces nitric oxide, improving oxygen circulation in the body.

FULL INHALE & EXHALE

Challenges and strengthens the diaphragm, brings in healing oxygen, releases CO2 and toxins.



SQUEEZE THE CORE



As you exhale, feel the belly contract as it lets go of air. Continue that contraction to challenge the core and exhale fully.

SQUEEZE THE PELVIC FLOOR

Called a Kegel, pelvic floor work is vital to urinary tract health, especially as we age. Why not take every opportunity to do this?



SAY SHHHHHH

Challenges the core and diaphragm, calming sound, ensures we've released all the air.

FREE VIDEO

NO MEMBERSHIPS NEEDED, just a Punchpass account. Check out our Neshama Tutorial Video TODAY!



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