



CONDUCTOR BREATH

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Release Tension. Energize. Empower. Lift Mood.

Method

Step 1. Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

Step 2. Inhale through your nose slightly while bringing your arms up in front of you. Inhale a little more while swinging your arms out to your sides.

Step 3. Now, inhale all the way while you're swinging your arms all the way up over your head.

Step 4. Forcefully exhale, "Ha!" while letting your arms and torso fall forward between your bent legs.

Step 5. Repeat several times, using the momentum of your forward fall to help propel you back up to the first inhale.

Variation(s)

Rag Doll Test. On your last Conductor Breath "Ha!", allow your body to rest in the Rag Doll position. Let your upper body, neck, and arms to be loose and floppy. Take several breaths here before slowly rounding the spine back up to standing.

Conduct Yourself. The conductor of an orchestra leads the rhythm and flow of the orchestra's music. The next time you are feeling angry or grumpy, or just need a new perspective, try adjusting your tune with Conductor Breath.