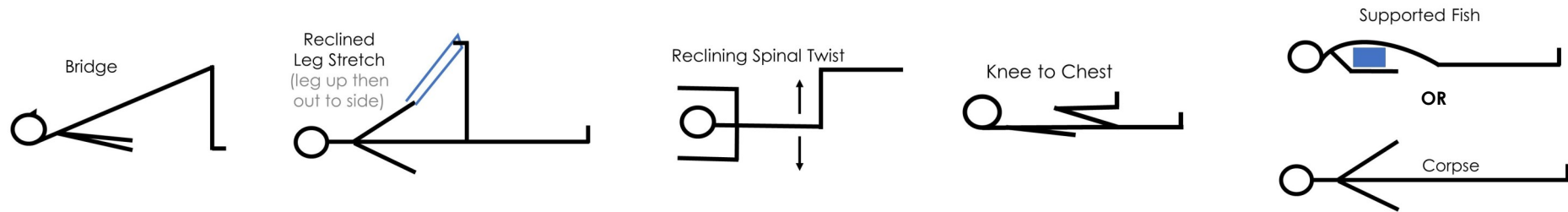
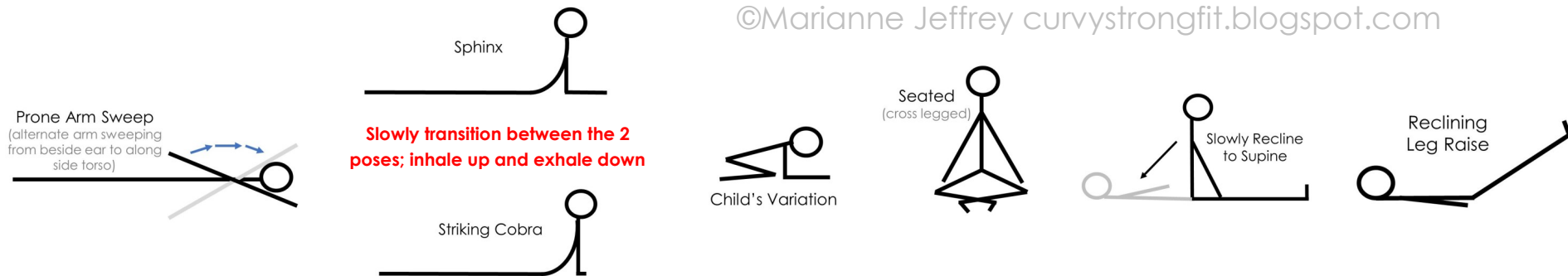


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# Breath Focused Asana Sequence

Inhale as you move into the pose and exhale as you release the pose back to center.

Ensure slow purposeful movements focusing on the breath, it determines the timing of the movements!  
3+ breaths per pose depending on how much time you have.

This asana sequence & my complementary YouTube video introducing the concepts aim to address the need for beginners yoga classes that are 100% focused on training people to **breathe with yoga movements**. This is especially useful for anybody with diagnosed medical conditions that make breathing difficult such as VCD, COPD, tracheobronchmalacia etc.

**REMEMBER: You determine how far you go in to a pose and the pose duration based on your breath.**

Pop to my blog:

**[curvystrongfit.blogspot.com](http://curvystrongfit.blogspot.com)**

There you will find a link to my YouTube channel in the left sidebar to watch the video that introduces this sequence and the breath focused asana concept.

