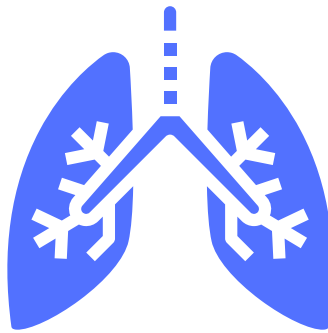# The Falling Breath

Falling Breath is a great tool to release physical tensions in the body.

1. Sit with feet flat on floor and with good posture
2. Inhale for a count of 3
3. Take one more sip of air at the top of your breath
4. Exhale with a BIG SIGH