

# Humming Bee Breath Explanation

## Benefits

- ❖ It helps relieve anger, anxiety and insomnia
- ❖ It increases the healing capacity of the body
- ❖ It strengthens and improves the voice
- ❖ The vibration of the humming sound creates a soothing effect on the mind and nervous system

## Instructions

- ❖ Sit down in a comfortable position
- ❖ Straighten your back/spine
- ❖ Lift your arms
- ❖ Bend your elbows
- ❖ Cover your ears with your fingers
- ❖ Close your eyes and mouth gently
- ❖ Inhale deeply through your nose
- ❖ Exhale through your nose and hum at the same time

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Explanation

Humming Bee Breath

❖ **See how long you can hum and exhale**

❖ **Do this for around 5-10 times**

*Never underestimate the Power of Breathing ...*

[https://www.youtube.com/watch?v=fiDrz1SGTSM&list=PLjs4G0\\_dLq3GynpuY3GW098PBYuE8iW\\_&index=10&t=0s](https://www.youtube.com/watch?v=fiDrz1SGTSM&list=PLjs4G0_dLq3GynpuY3GW098PBYuE8iW_&index=10&t=0s)