



## I Like to Move It, Move It Energetic Breathing Exercises

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*This breathing exercise helps energize your body and is three short inhales and one long, loud exhale.*

*Start standing with your arms by your sides.*

*On your first short inhale, bring both of your arms straight out in front of you to shoulder-height like a mummy.*



*On your second short inhale, bring both of your arms straight out to your sides at shoulder-height like the letter "T."*



*On your third and last short inhale, bring both of your arms straight over your head, making your body look like a long straight line.*

*Now exhale, letting your arms sweep down to the ground as you fold forward. As you exhale, make a "ha" sound to help you let go all of your breath.*

*Repeat this pattern a few times*

*- inhale-inhale-inhale-exhaaaale -*

*and when you get the rhythm, you can move faster.*

*When you are done, come back to standing with your arms by your side to notice how your body feels energized.*

