

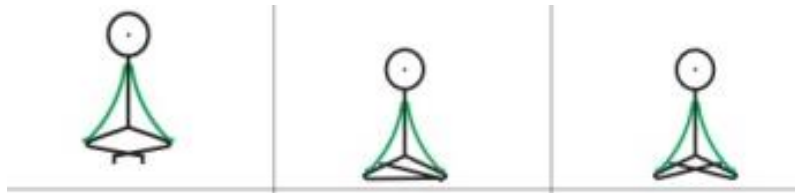
Miniyogis® tip by Shana Meyerson

Happy/Sad Breath

How does Happy/Sad Breath work?

This is a **seated breathing exercise**.

Make sure your kids are sitting tall in a **comfortable cross-legged seat** (Sukhasana/Easy, Ardha Padmasana/Half-Lotus or Padmasana/Lotus)



As you do the following demonstration:

First, slump (as kids so LOVE to do) and ask, “When I sit like this, do I look happy or sad?” Every kid gets it...sad.

Then sit up nice and tall (don’t even worry about your facial expression) and ask the same. Every kid gets it...happy.

So, we do Happy/Sad Breath.

- **Inhale, tall and happy**
- **Exhale, round and sad.**

(Think about it, when someone is really proud, we call them inflated, really beaten down, we call them deflated). The emotion cues help to make sense of the movements.

Not only does this help with the breath and the breath-body connection, but you can also talk about how people are attracted to happy people and sitting up tall is a great way to tell the world you are happy and ready to be friends.

Really, it is just a **seated Cat/Cow variation**.

