

# Yogic Coffee

Arms in front of you pointing up (by your shoulders) with palms out loose fists

Regular breath in and then out

You are going to punch the sky whilst taking sharp breath in through the nose only

Then pump you arms down exhaling through the nose

Repeat 15 or so times, after about 7 close your eyes

After you have finished observe what is in your body and mind.

Hands in your lap

Now for another round



**Live Learn Grow**

[info@livelearngrow.co.uk](mailto:info@livelearngrow.co.uk)

[www.livelearngrow.co.uk](http://www.livelearngrow.co.uk)