

# BENEFITS

# OF

# *Deep*

# *Breathing*

PROMOTE  
RELAXATION

IMPROVE  
MOOD

RELEASE  
ENDORPHINS

AIDS  
DIGESTION

RELEASE  
TOXINS

BOOST  
ENERGY

STRENGTHEN  
IMMUNE  
SYSTEM

INCREASE  
BLOOD  
FLOW TO  
BRAIN

DECREASE  
PAIN

DECREASE  
TENSION

IMPROVE  
FOCUS

MORE  
CLARITY OF  
THOUGHT