

# Breath of Joy!

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1) Inhale a small breath as you lift your arms away from your sides.



2) Inhale a little more so that your lungs get fuller as you lift your arms higher.



3) Finish filling your lungs with air as you bring your arms overhead.



4) Exhale all of your breath as you swing your arms forward and take a bow.

**5) Practice and repeat steps 1 through 4 as many times as makes you happy!**