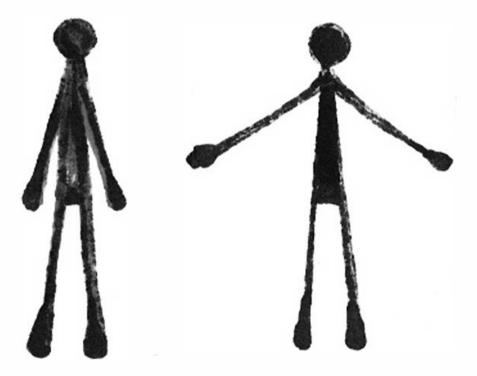
Breath of Joy!

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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 you arms forward and take a bow.
- 5) Practice and repeat steps 1 through 4 as many times as makes you happy!