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## Proven Methods to Unwind Your Mind During Quarantine



### 1. PRANAYAMA BREATHING PRACTICE VILOMA 1

Viloma I brings a feeling of calm and lightness to the body. You become deeply relaxed. The practice builds lung capacity thus, provides more oxygen to the body. Deep breathing switches the nervous system from *sympathetic* to *parasympathetic*, which automatically calms the mind.

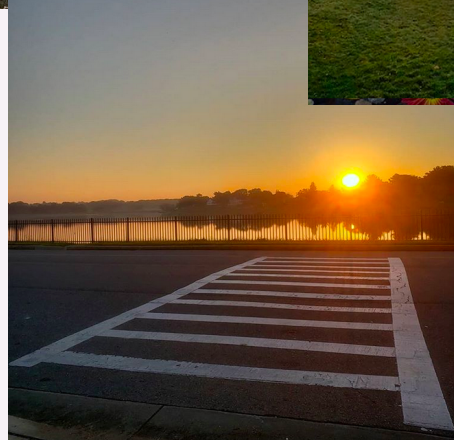


### 2. MOVEMENT/YOGA CALISTHENICS OR ASANA (AEROBIC OR ANAEROBIC)

Cultivate energy by using energy -- recall that energy yields energy. **YOGA** can be *both aerobic* and *anaerobic*. Aerobic improves the efficiency of the cardiovascular system and enhances transport and absorption of oxygen in the body. Anaerobic, gets you out of breath in just a few moments, e.g. lifting weights, sprinting or when you climb a long flight of stairs.

### 3. WALK OR ENGAGE IN HORIZON STARING

Look into a clear horizon without a lot of movement or human activity. This instantly calms the mind. After a few minutes, the brain can move from **Beta** (*Active, thinking, processing*) to **Alpha** (*Calm, relaxed yet alert*) and if you are sitting on a beach or a bench you may even slip off to Theta (*Deep meditation /relaxation*) that can lead to REM sleep. Make sure you are in a safe and secure place.



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