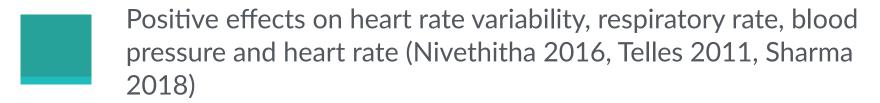
## **Breathing exercises- evidence**





- Slower brain wave & positive effects on depression, anxiety, PTSD, stress related health conditions (Zaccaro 2018, Brown 2005)
- Alternate nostril breathing (ANB) has been related to decreased BP, RR (Telles et al, 2014)

