



**ASSIGNMENT
WORK BOOK**

FOR

**BREATHE RIGHT
TO
LIVE RIGHT**

By

Shanthi Yogini

Dear Blessed and Divine Self,

Congratulations for deciding to upgrade and answer this work book! It is a step in the right direction.

Firstly, it takes some patience and time to note down your observation. So be very kind to yourself.

Secondly, many facts about yourself may get revealed during the observation or action taking process, some good and some not so good. No matter what, just love yourself for who you are and what you can or cannot do.

We all must learn to work on improving ourselves while still loving us for who we are now.

Write answers for the corresponding assignment after each step.

In this document I have given only 3 lines for each question. But when you answer, take as many lines as you need.

Answer each question sincerely and to the utmost detail.

If you want me to give comments on your answers, feel free to post them on the Facebook group.

All the best!

Let us begin....

With Infinite Love,

Shanthi

STEP 1
“Observe” Your Current Breathing Pattern

Answer these AFTER you watch the video.

- **When you took a breath in, did your stomach move out, move in or did it not move at all?**

- **Has it been always like this as far as you can remember or do you feel it changed at some point in your life?**

- **If you are aware of the change, can you recollect what was happening in your life at that time?**

- **How do you think your stomach should actually move – out, in, or not move, with your in-breath? And why?**

STEP 2

“Re-Learn” Proper Breathing Technique

Answer this AFTER you watch the video.

- **Does it seem logical and natural as you practice your breathing right as per the video? YES/NO
Please explain your answer.**

STEP 3
“Understand” the Breathing Process

Answer these **AFTER** you read the pdf.

- Could you understand the exact process taking place in your respiratory system that makes you breathe in and out? **YES/NO**

- Could you understand the connection between your breath and your vital life force energy?

- **NOTE:** if it is not clear, we will add more explanation and send you the pdf at no additional cost if you opted in for the upgrade

STEP 4

“Appreciate” Proper Breathing Benefits & Application

Answer this **BEFORE** you watch the video.

- **What are some opportunities during your day that you can think of, to practice breathing in 30 seconds or more?**

- **If you noticed in STEP 2 that you are indeed breathing right, do you think that it is still necessary to practice this abdominal breathing?**

STEP 5

“Accelerate” Your Progress through Rock Posture

Answer this AFTER you watched the videos and practiced.

- **Were you able to sit in Vajra-Aasanam (Rock Posture)? YES/NO**
- **If YES, did you need 1 or more pillows OR no pillows while doing Vajra-Aasanam?**

- **If you managed to sit, did it hurt while being in this pose? YES/NO**
- **For which specific benefits do you think you will use this posture?**

- **NOTE: You have the option to video capture you doing the pose and post it or post a photo in the Facebook group to receive feedback from Shanthi.**

STEP 6

“Practice” through Positive Breath Meditation

Answer this **AFTER** you watched the video and practiced.

- **Have Did the breath awareness meditation help?
YES/NO**
- **If YES, how did it help? If NO, why?**

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-
- **Which negative quality are you working on eliminating?**
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-
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- **Which positive quality do you like to add to your life?**

- **NOTE: If it is not already there, you can ask for adding it to the audio. Once we receive 10 requests including yours, we will add them all and send you the audio at no additional cost**

STEP 7

“Implement” Your Practice at Every Opportunity

Answer this **AFTER** you read the pdf.

- Do you find the suggested opportunities practical and applicable in life? YES/NO
- If so, which of the 10 surprising opportunities suggested that you find most useful?

