



Ever wondered why nose breathing is talked about so much?

Is it science, or just another wellness trend?

The truth is, breathing is one of the most powerful influences
on our health and wellbeing.

It is something we do around 20,000 times each day,
yet most of us rarely think about it.

From the moment we are born, our bodies are beautifully designed to
breathe through the nose.

In fact, babies instinctively breathe this way during the first few months of life.

The nose does far more than simply take in air
when we breathe through our nose and slow our breath,
we send a message of safety to the body.

We shift out of survival mode and create space for healing, clarity and balance.
Sometimes the most profound healing tools are the ones we already carry with us.

So today, simply notice your breath.

No need to change it, just become aware of it.

Awareness is often where healing begins.

With love,
Marni

