

BREATHING

Meaning: Breathing is the process of inhaling and exhaling air to facilitate respiration and promote relaxation.

1. Breathing slowly helps to calm the mind and reduce stress.
2. She felt a sense of relief with every deep breath she took, focusing on her breathing.
3. The doctor explained that proper breathing techniques can improve overall health.
4. During the yoga class, we practiced various methods of controlled breathing.
5. He paused, taking a moment to appreciate the simple act of breathing in the fresh air.
6. Breathing exercises are often recommended for athletes to enhance their performance.
7. The rhythmic sound of her breathing was soothing in the quiet room.
8. As the sun set, he found solace in the peacefulness of nature and his own breathing.
9. Breathing through the nose rather than the mouth can be beneficial for respiratory health.
10. In moments of anxiety, she reminded herself to focus on her breathing to regain control.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/breathing>