

EXHALATION

Meaning: Exhalation is the act of breathing out or releasing air from the lungs.

1. The gentle exhalation of the breeze brought a refreshing coolness to the hot summer day.
2. In yoga, practitioners focus on the rhythm of their breath, emphasizing the importance of each exhalation.
3. Her deep exhalation signaled the end of a long and tiring day, as she sank into the comfort of her chair.
4. The scientist measured the exhalation of carbon dioxide to assess the subjects' metabolic rates during the experiment.
5. As he released his worries, the exhalation felt like a weight lifting off his shoulders.

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