

EXHALE

Meaning: Exhale: to breathe out air from the lungs.

1. She took a deep breath, then exhaled slowly to calm her nerves.
2. After holding her breath for a few moments, he finally decided to exhale with relief.
3. The yoga instructor reminded everyone to exhale fully during their stretches.
4. As the smoke curled from his lips, he watched it dissipate into the air with each exhale.
5. Feeling overwhelmed, she stepped outside to exhale the stress of the day.
6. She took a deep breath and slowly exhaled, releasing the tension from her shoulders.
7. After holding his breath for several seconds, he finally exhaled, feeling a sense of relief wash over him.
8. The yoga instructor reminded her students to exhale fully as they moved into the next pose.
9. In the quiet of the forest, she closed her eyes and exhaled, letting the sounds of nature calm her mind.
10. When the doctor asked her to exhale into the device, she was careful to follow his instructions precisely.

Source: sentences.whatistheurl.com

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