

# INBREATHE

*Meaning: Inbreathe: the act of inhaling deeply, often to promote relaxation or mindfulness.*

1. As she prepared for her yoga session, she took a deep inbreathe, centering herself for the meditation.
2. The doctor advised him to focus on his inbreathe to help alleviate his anxiety during the stressful moments.
3. During the guided meditation, participants were instructed to pay attention to their inbreathe and let go of tension.
4. She felt a sense of calm wash over her as she practiced her inbreathe, drawing in the fresh morning air.
5. Inbreathe exercises have been shown to improve lung capacity and enhance overall well-being.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/inbreathe>*