

RESPIRE

Meaning: Respire: to breathe in and out, particularly in the context of the physiological process of exchanging gases in the lungs.

1. The doctor explained how the lungs respire by exchanging oxygen and carbon dioxide.
2. After the long run, I took a moment to respire and catch my breath.
3. Plants respire at night, taking in oxygen and releasing carbon dioxide.
4. In yoga, we learn to respire deeply to enhance relaxation and mindfulness.
5. It's important to find a quiet space where you can respire freely without distractions.
6. It is essential for all living beings to respire in order to survive.
7. During meditation, she focused on her breath and learned to respire deeply.
8. The doctor explained how the lungs work to respire oxygen and expel carbon dioxide.
9. In the calm of the forest, it felt good to respire the fresh, clean air.
10. After running a mile, he needed a moment to catch his breath and respire steadily.

Source: sentences.whatistheurl.com

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