



# Breath Walking



Breath Walking is a 15 minute workout to condition your mind, emotions and body. When you walk and breathe you want to finger tap. Finger tapping stimulates the acupressure energy points and will make your immune system stronger. As your walking focus on positive thoughts and stress will disappear.

## There are 3 Parts to Breath Walking

### Step One:

The first few minutes that you begin walking, straighten out your shoulders, walk with good posture and authority. Then tap your 4 fingers to your thumb with 4 breaths inhaled in thru the nose, Then 4 breaths exhale out thru the mouth. As you breathe thru the nose, tap your index finger to your thumb, middle finger to thumb, ring finger to thumb, pinky finger to thumb. Then as you exhale out through mouth, you'll continue tapping fingers the same way, this should be done as you exhale out thru your mouth. After each set, pause then repeat walking and breathing.

### Step Two:

Continue walking and tapping your fingers but focus and think about everything in your life that makes you happy, excited, proud and appreciative. **POSITIVE THOUGHTS.** Start with your health, family, and friends, something you accomplished in the past that made you proud. Just be happy, excited and grateful for every thing in your life right now and keep on walking and think about positive thoughts.

### Step Three:

Continue walking and tapping fingers, but think about everything in your life that you are most grateful for. Start when you were a child thinking about everyone in your life that you are appreciative too, This could be your grandparents, parents, aunties, teachers, friends, keep thinking about being grateful all the way up to the present time. Things that are happening now. When you think about being grateful stress disappears. This 15 min breath walking workout will help you to control your emotions and build up your energy and give you the mind and body connection for success every day.

Good luck and take action and do it now!

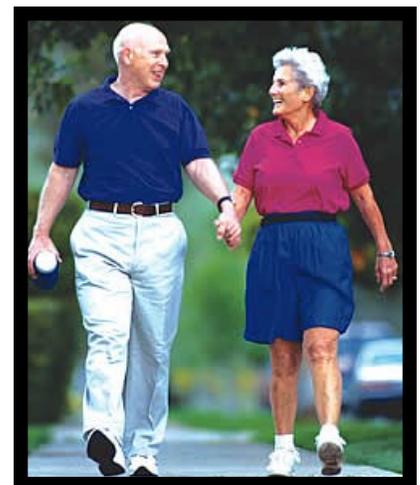
Grandmaster Bobby LaMattina

## Finger Tapping



Index finger to your thumb  
Middle finger to thumb  
Ring finger to thumb  
Pinky finger to thumb.

Then continue to process:  
Index finger to your thumb  
Middle finger to thumb  
Ring finger to thumb  
Pinky finger to thumb.



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