

BREATHING

TECHNIQUES



FEATHER BREATHING

First, hold the feather in hand. Next, slowly inhale for a count of 3. Then, gently exhale up then down the feather.



NOSTRIL BREATHING

First, cover one nostril and inhale. Next, switch finger and exhale. Then, repeat.



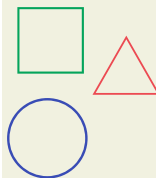
VIBRATION BREATHING

First, sit comfortably and inhale. Next, exhale and make a humming sound like a bee. Then, feel the vibration and repeat.



BREATHING BUDDY

First, hold a toy on tummy. Next, inhale. Then, exhale watching the toy go up then down.



SHAPE BREATHING

First, inhale and trace the shape. Next, pause. Then, exhale and trace the shape the other way.



BELLY BREATHING

First, slowly inhale to fill belly with breath. Next, count to three slowly and evenly. Then, exhale and repeat.



COUNTING BREATHING

First, inhale and count to three. Next, hold in breath and count to three. Then, exhale and count to three.