



BUNNY BREATH

Pretend you are smelling a flower. Take quick sniffs like a bunny.

Breathe in quickly three times and exhale

Repeat for 10 cycles



ALTERNATE NOSTRIL BREATHING

Arrange your fingers

Block one nostril with your thumb breathing in

Cover alternate nostril with ring finger breathing out and then in

Repeat for a count of 10 cycles



4-7-8 BREATHING

Tip of tongue touches roof of mouth for this exercise.

Breathe in for 4

Hold for 7

Breathe out for 8

Repeat for 10 cycles



LAZY 8 BREATHING

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the 8 with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.

