



Breathing Techniques

1

Bumblebee breathing - breathe in and hum on the outbreath

2

Fingertip breathing - with your index finger trace around the fingers of your opposite outstretched hand, breathe in as you trace up and out as you move your finger down

3

Box breathing - used by the Navy Seals allegedly! In for 4, pause for 4, out for 4, pause for 4.

4

Shoulders Sync - raise your shoulders breathing in and lower them breathing out.

5

Blow out the candle - breathe out through pursed lips as if blowing out a candle

6

Belly breathing - lay or get seated comfortably, place one hand on your tummy, breathe in through the nose and feel your hand rise as the diaphragm fills with air then breath out. Repeat at least 3 times.