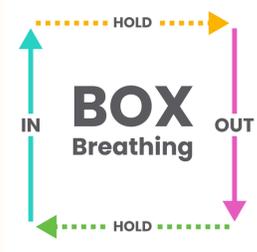


Breathwork

Simple & Effective Practices

1



Box Breathing

Inhale for four seconds, hold for four seconds, exhale for four seconds, hold for four seconds, and repeat.



2



Belly Breath

Place one or both hands on the belly and invite gentle, smooth, long breaths into this area.



3



Bee Breath

Cover your ears and eyes with your fingers. On your exhales, gently hum or “buzz” as you let all the air out.

