

5 Finger Breathing

- 1) Make sure you are sitting comfortably with a straight back.
- 2) Stretch out your hand and open your palm as wide as you can.
- 3) With your pointer finger on the other hand, get ready to slowly trace your fingers while breathing.
- 4) Slide up each finger slowly while breathing in through your nose, slide down the other side while breathing out through your mouth.
- 5) Keep going until you have traced all your fingers.

