

Breath Work Technique #1

1. Deep Belly Breathing

- Sit or lie in a comfortable position. When you are first learning how to do this it's easier to lie down. Place a pillow behind your knees to help relieve tension in your back
- Place one hand on your chest and one on your belly to help you tune in to each area as you learn to breathe into your stomach
- As you inhale breathe into your hand on the belly first. Follow the breath into your chest, and all the way up to your collar bones
- Hold the breath for 2-4 seconds. On the exhale lead with your belly button relaxing towards your spine. Feel your chest release and then your collar bones last
- Practice this for 6-10 rounds

