

BREATHING EXERCISE

BREATHE IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH

BREATHING IN - TUMMY OUT

BREATHE GENTLY AND **NOT TOO DEEPLY** (If you feel dizzy, that means you are breathing too deeply and trying too hard)

Once you know that your tummy is coming out as you breathe in, there is no need to carry on holding your hand on your tummy

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Exercise is as follows:

Breathe in and OUT

As you breathe out, focus your mind on the feel of your breath passing over your lips – notice the air is cool as you breathe in through the nose, and warm as you breathe out through the mouth

On each of the out-breaths, count in your mind e.g.

First breath out - ONE
Second breath out - TWO

All the way up to TEN

And then

NINE
EIGHT
SEVEN..... all the way back to ONE

Do this exercise MINIMUM 3 times every day