

4-2-4-2 BREATH
FOR POSITIVE ENERGY

TAKE A NICE DEEP INHALE THROUGH YOUR NOSE FILLING YOUR BELLY. THEN EXHALE WITH A SIGH OUT OF YOUR MOUTH. BEFORE YOU START, CLOSE YOUR EYES.

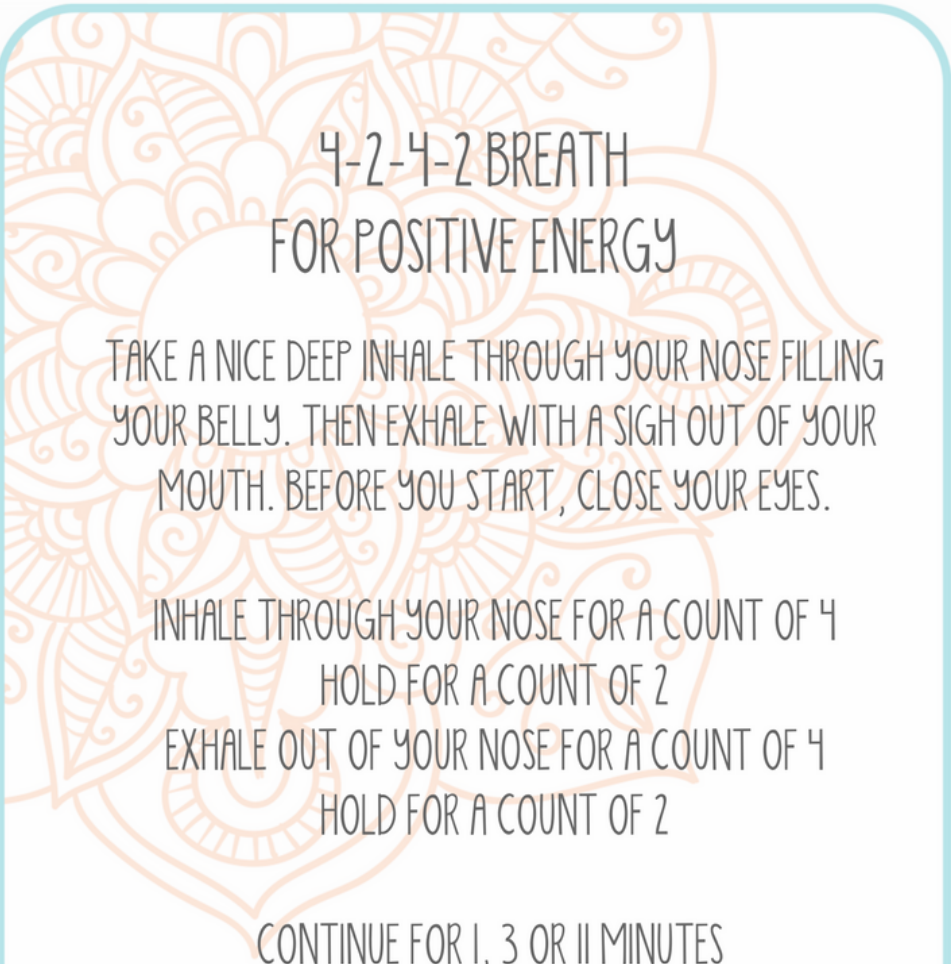
INHALE THROUGH YOUR NOSE FOR A COUNT OF 4
HOLD FOR A COUNT OF 2
EXHALE OUT OF YOUR NOSE FOR A COUNT OF 4
HOLD FOR A COUNT OF 2

CONTINUE FOR 1, 3 OR 11 MINUTES

FINISH BY TAKING A DEEP INHALE THROUGH YOUR NOSE AND A NICE LONG EXHALE OUT OF YOUR MOUTH.

NOTICE HOW YOU FEEL

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