

The Relaxing Breath

Sit up with your back straight (eventually you will be able to do this in any position).

Put the tip of your tongue on the ridge behind your top front teeth; keep it there throughout the exercise.

To begin, exhale through the mouth, making a swoosh sound.

1. Close your mouth & inhale through your nose to the count of four
2. Hold your breath for seven
3. Exhale through your mouth making swoosh sound, to a count of eight
4. Repeat steps 1-3 four more times

Do this exercise at least twice daily. You may repeat it more often but don't do more than four breaths at a time.