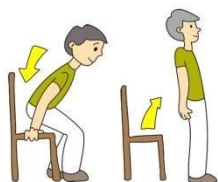
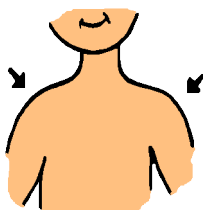




Breathing Techniques - The Measured Breath



You can choose to sit or stand. Make sure your hands are relaxed, and your knees are soft.



Drop your shoulders so they are relaxed and let your jaw relax.



Now breathe in slowly through your nose and count to 4.

Keep your shoulders down.

You should feel your stomach expand as you breathe in.



Hold the breath for 2 counts.



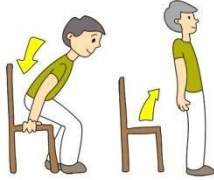
Now release your breath slowly and smoothly, out of your mouth, as you count to seven.



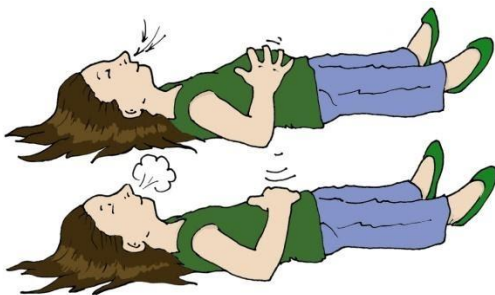
Repeat for two minutes.



Breathing Techniques - Belly Breathing for Relaxation



You can choose to sit or lay down for this exercise.



Breathe in slowly and deeply through your nose.

Make sure your shoulders are down and relaxed.

Your stomach should expand, but your chest should rise very little.

So, if you want, you can place one hand on your stomach and the other on your chest so you can feel how you are breathing.



Breathe out slowly through your mouth.

As you blow air out, put your lips together slightly, but keep your tongue and jaw relaxed.

You may hear a soft “whooshing” sound as you breathe out.



Repeat this breathing exercise for several minutes.