

Long Breathing

This exercise is very gentle.

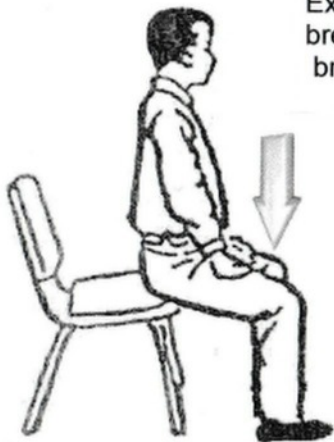
Sit forwards on a chair, feet shoulder width.

Lean into feet and sit upright, hands on thighs.

Breathing can be through nose or mouth.

Inhalation takes care of itself.

Exhale gently, following the
breath down from base of
breastbone to perineum.



Continue, allowing next in breath to happen naturally, then following it down.

Keep it up for a few minutes.