

BELLY BREATHING EXERCISE

In a **sitting position**, put one hand on your **chest**, and one hand on your **belly**

Take a **deep breath** through your **nose**. Feel the air moving through your **lungs**. Slowly exhale from your **mouth**

Take a **second breath**. Imagine bringing the air into **your belly**. See if you can make your belly **move more** than your chest

Breathe in for four seconds. **Hold** the air in for four seconds. Feel the movement of the air in **your belly**. **Breath out** slowly for four seconds

Repeat

