

# HAND-TRACING EXERCISE

Starting at your wrist, trace the **left side** of your hand up to your **middle finger** while taking a **deep breath** for **four seconds**

**Pause** at the tip of your middle finger and **hold** in your breath for **4 seconds**

**Breathe out** while tracing down the **right side** of your hand for **four seconds**

Repeat **4 times**

