

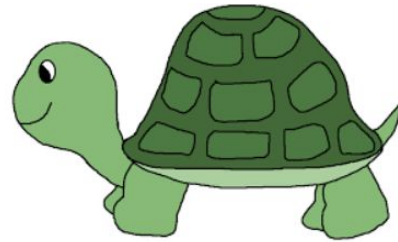
Practice at home or on the go!

5 Finger Breath



This exercise can be done alone or with a partner! Spread one hand out with 5 fingers extended. Use your other hand as the tracer with just your pointer finger extended. Start at the outside of your hand near your thumb bone. Begin slowly tracing up and continue on over full hand. When you trace up a finger- breathe in, pause for a second at the top, and then exhale while tracing down. For partners: Have one person be the outstretched hand, while the other traces- both partners follow the breathing pattern together. Then switch.

Turtle Breath



With one hand make a fist, leaving your thumb out to be the turtle's head. Then use your other hand to cover on top of your fist to form his shell. Gently rest your turtle on your tummy and lower your gaze to watch him slowly rise and fall with your breath. When you inhale he should rise as you fill your belly with air, on your exhale he should fall as you slowly push your air out.

Shark fin breath



Start with hand just above forehead with thumb touching skin. Take a deep breath in and as you move your hand (sharkfin!) down towards your heart, exhale making a bowed-shape as you bring it down.

Stuffed Animal Breath



This exercise works the same as turtle breath, but instead of your hand, use your favorite stuffy! Find a comfortable position laying down and place your stuffed animal on your tummy. Lower your gaze to watch your stuffed animal rise and fall with your breathing.

Finger Touches to 10



Hold both hands in front of your face mirroring each other. Lower your gaze so that you are only looking at and thinking about your fingers and counting. Start with your thumbs and gently push them together as you count "one" then move to your pointer fingers for "two" and continue on. After you push your pinkies together for "five" bring the counting back/reverse direction to touch your ring fingers together for "six." "Ten" is all 10 fingers touching together with a gentle push. Then we end with one deep breath in through our nose and out through our mouth as our hands gently fall to your sides.

Starfish breath



This exercise can be done standing or laying down. When you inhale, stretch your arms and legs out as wide as you can. Follow with a deep exhale, bringing in and collapsing all of your outstretched limbs.