

# The Relaxing Breath

Sit up, with your back straight (eventually you'll be able to do this in any position).

Put the tip of your tongue on the ridge behind your top front teeth; keep it there through the exercise.

To begin, exhale through the mouth, making a whoosh sound.

- *Close your mouth & inhale through your nose to the count of 4*
- *Hold your breath for 7*
- *Exhale through your mouth, making a whoosh sound, to a count of 8*
- *Repeat steps 1-3 - three more times*

Do this exercise at least twice a day.

You may repeat it more often, but don't do more than four breaths at a time.



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