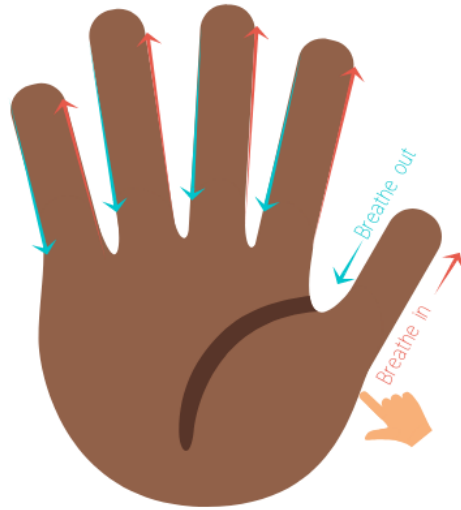


# 5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.

2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.

