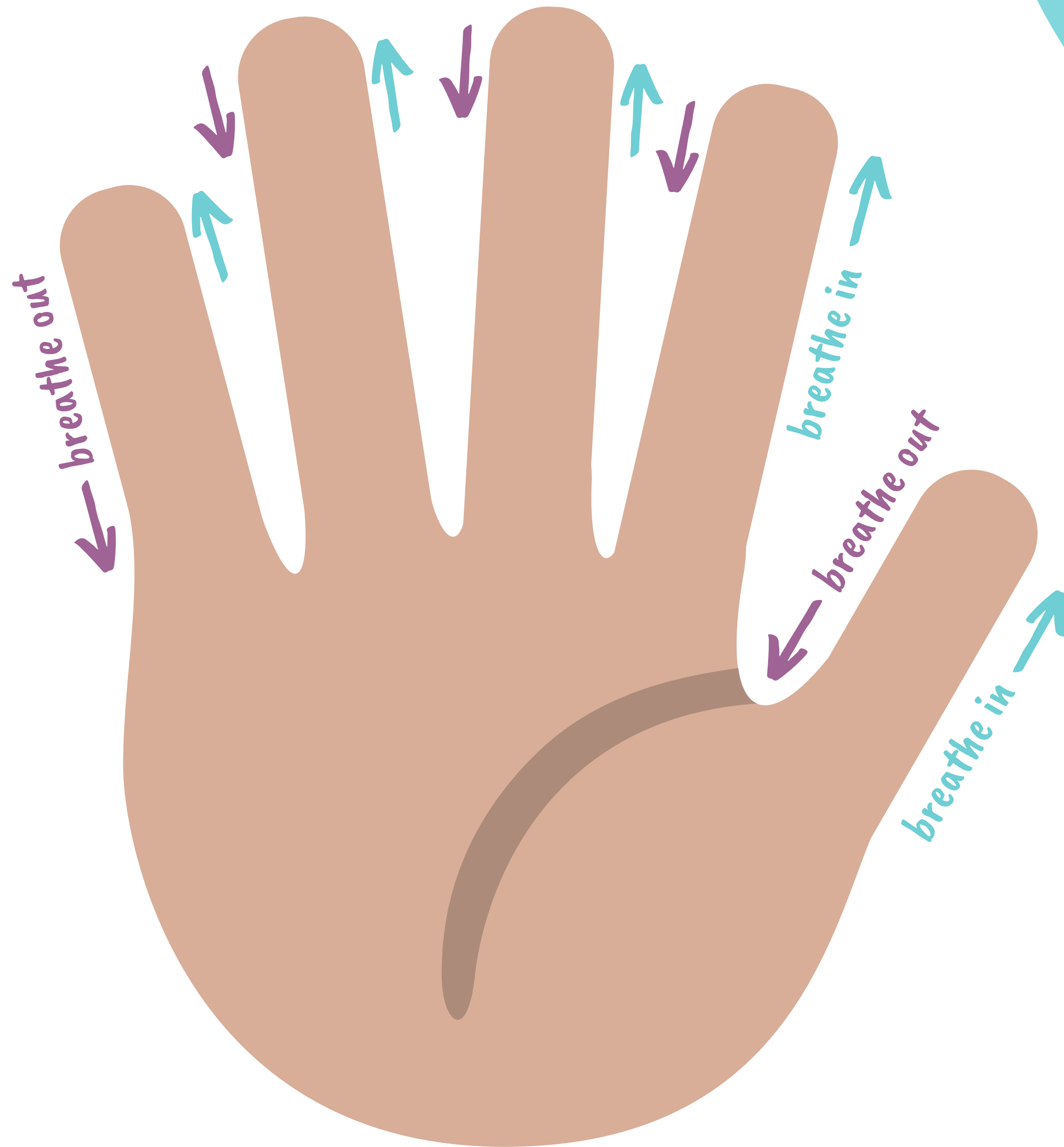


# 5 Finger Breathing



Stretch out one of your hands nice and wide.

Use your pointer finger from your other hand, to slowly trace your thumb from the bottom to the top, as you slowly breathe in through your nose.

When you get to the top of your thumb, slowly breathe out through your mouth, as you trace your pointer finger down the other side.

Keep going until you have traced your whole hand.

