

RAINBOW BREATHING

1. BREATHE IN

Start with your arms by your side. Slowly breathe in through your nose, raising your arms above as you breathe in. Notice how your arms draw a rainbow in the air as you breathe,



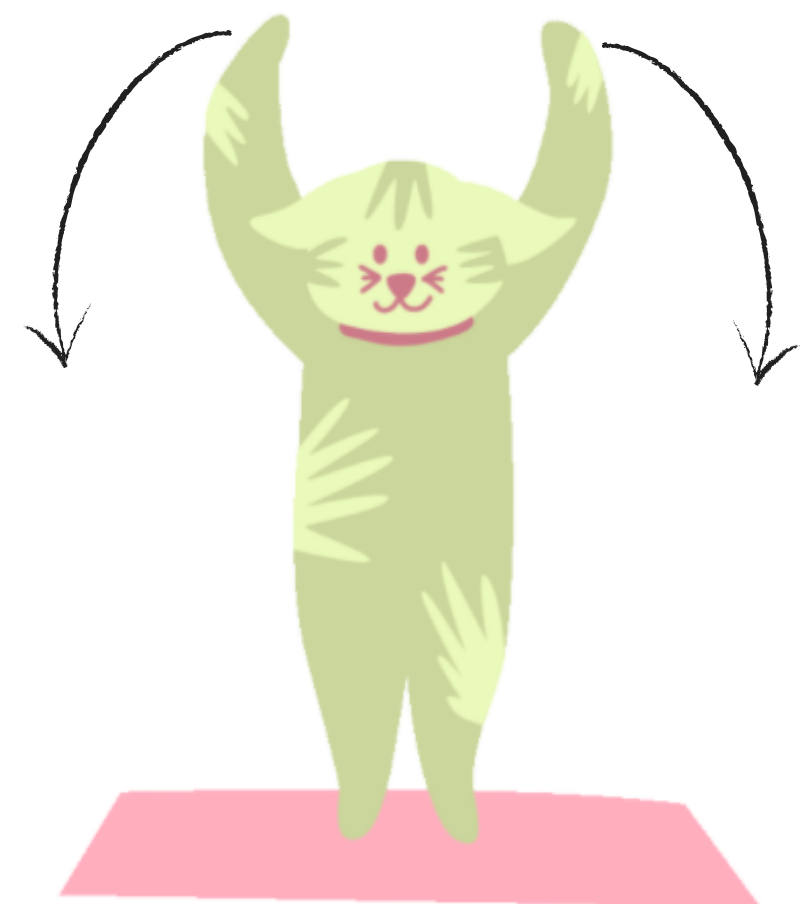
2. HOLD THE BREATH

Hold your breath for 4 seconds, keeping your arms raised above your head.



3. BREATHE OUT

Breathe out through your mouth like you are blowing bubbles. As you breathe out, slowly bring your arms down, tracing the rainbow.



PRACTICE RAINBOW
BREATHING USING
THIS VIDEO!