

FLOWER BREATH

BREATHING STATION #1

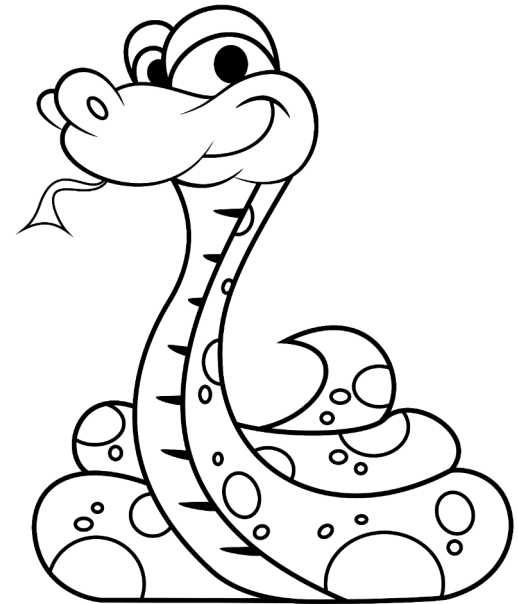
Close your eyes and imagine smelling a beautiful flower as you inhale deeply through your nose. Smell the roses, lilac, daisies, daffodils, or any other flower you like. Then, exhale through your mouth, letting go of all the tension inside you. Repeat.



HISSING SNAKE BREATH

BREATHING STATION #2

With your mouth closed, inhale deeply through your nose to a mental count of 4. Hold your breath for a count of 7. Exhale completely through your mouth making a hissing noise to a count of 8. Repeat. This long, hissing exhalation is a great way to slow down your inner speed.

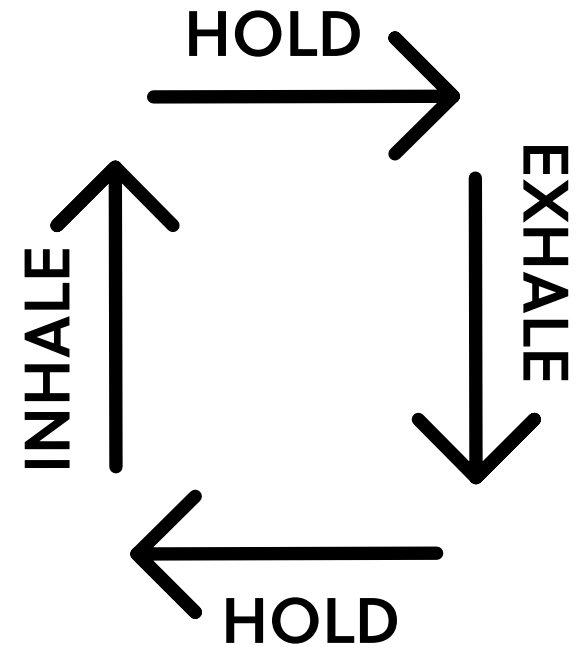


SQUARE BREATHING

BREATHING STATION #3

Imagine that you're using your breath to draw a square. Breathe in through your nose to a mental count of 4. Hold your breath for a mental count of 4. Then, exhale through your mouth to a mental count of 4 and hold your breath for another four counts. Repeat.

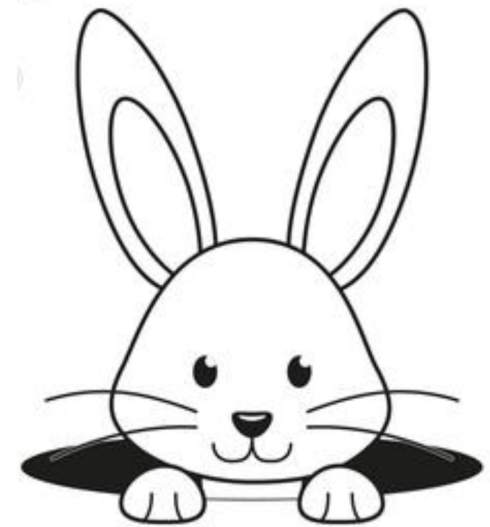
Fun fact: Square breathing is one of the most effective remedies for hiccups!



BUNNY BREATH

BREATHING STATION #4

Have you ever seen a bunny's nose wiggle as they sniff the air? Take three quick sniffs in through your nose, hold it for one or two seconds, and then let it all out with one long exhale through the mouth. Repeat. This is a great technique for when you are worked up and can't find your breath because it aligns with your naturally heightened breathing rate and helps you relax through the exhale.



WASHING MACHINE BREATH

BREATHING STATION #5

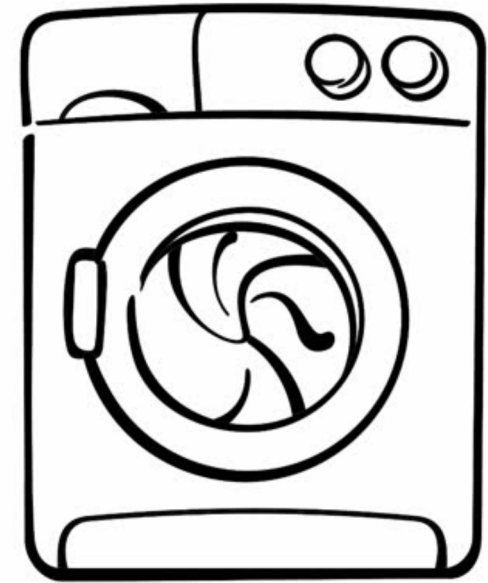
Sitting cross-legged or in a chair. As you inhale, reach your arms up and interlace your fingers, resting them on top of or behind your head. On the exhale, twist your core from side to side, picturing a washing machine going “wishy-washy wishy-washy” as you twist each way. Repeat. As you twist, make sure you remain sitting upright, activating your core muscles.



TUMBLE DRYER BREATH

BREATHING STATION #6

Hold your hands near your mouth with your right index finger pointing towards the left and your left index finger pointing towards the right. Your two fingers should overlap a bit in front of your mouth. Inhale deeply through your nose and hold your breath for a count of 2. Now, form your mouth into a narrow 'O' shape and blow out the exhalation. As you exhale, spin your two fingers around each other and listen to the swishy sound being made by the air blowing through your fingers. Repeat.



HIGH-FIVE HAND BREATH

BREATHING STATION #7

Hold up one of your hands with your fingers spread out wide and your palm facing out. With your index finger (of the hand that you're not holding up) start on the inside of your wrist and slowly trace your hand. As you move up your thumb, take a deep breath in through your nose. Exhale slowly through your mouth as you trace down the other side of the thumb.

Repeat this four more times until you have traced your entire hand.

