

Five Fingered Breathing



Place 1 hand in front, fingers spread. With first finger of one hand, trace along other hand--starting at the outside bottom of little finger. Inhale as finger moves up outer edge of little finger, exhale as it moves down to inside edge. Repeat until you have traced all fingers and thumb, inhaling up one side and exhaling down the other. Switch hands and repeat.

Benefits: Increases focus, conscious breathing, activates tactile sense.