

<p>a) Lie flat on floor arms by sides palms upwards body straight shoulders down</p>	<p>b) Sit on chair Hands lay loosely in lap back straight shoulders down</p>
<p>Breathe out through nose breathe out all the air keep breath like BIG sigh</p>	<p>SLOWLY breathe in breathe through nose again feel tummy fill with air</p>
<p>Try to breathe in <i>a little more</i> feel the rib cage lift</p>	<p>Lift collar bone as even more air is breathed in</p>
<p>Slowly breathe out try to go from tummy to ribs keep breath soft and gentle</p>	<p>Keep eyes gently closed helps concentration and focus on breath</p>
<p>Try to do 5 deep and slow IN 5 deep and slow OUT</p>	<p>Yoga breathing to relax and be calm</p>

