

Triangle Breathing

Directions:

Imagine a triangle.

Breathe in while raising your arms above your head into the point of a triangle. Count 1-2-3.

Breathe out while you lower your arms outward on an angle from your shoulders creating the two sides of a triangle. Count 1-2-3.

Now, counting to 6, slowly bring your hands into the middle of your body creating the bottom of the triangle. 1-2-3-4-5-6. Say, "All is still."

Repeat several times.

