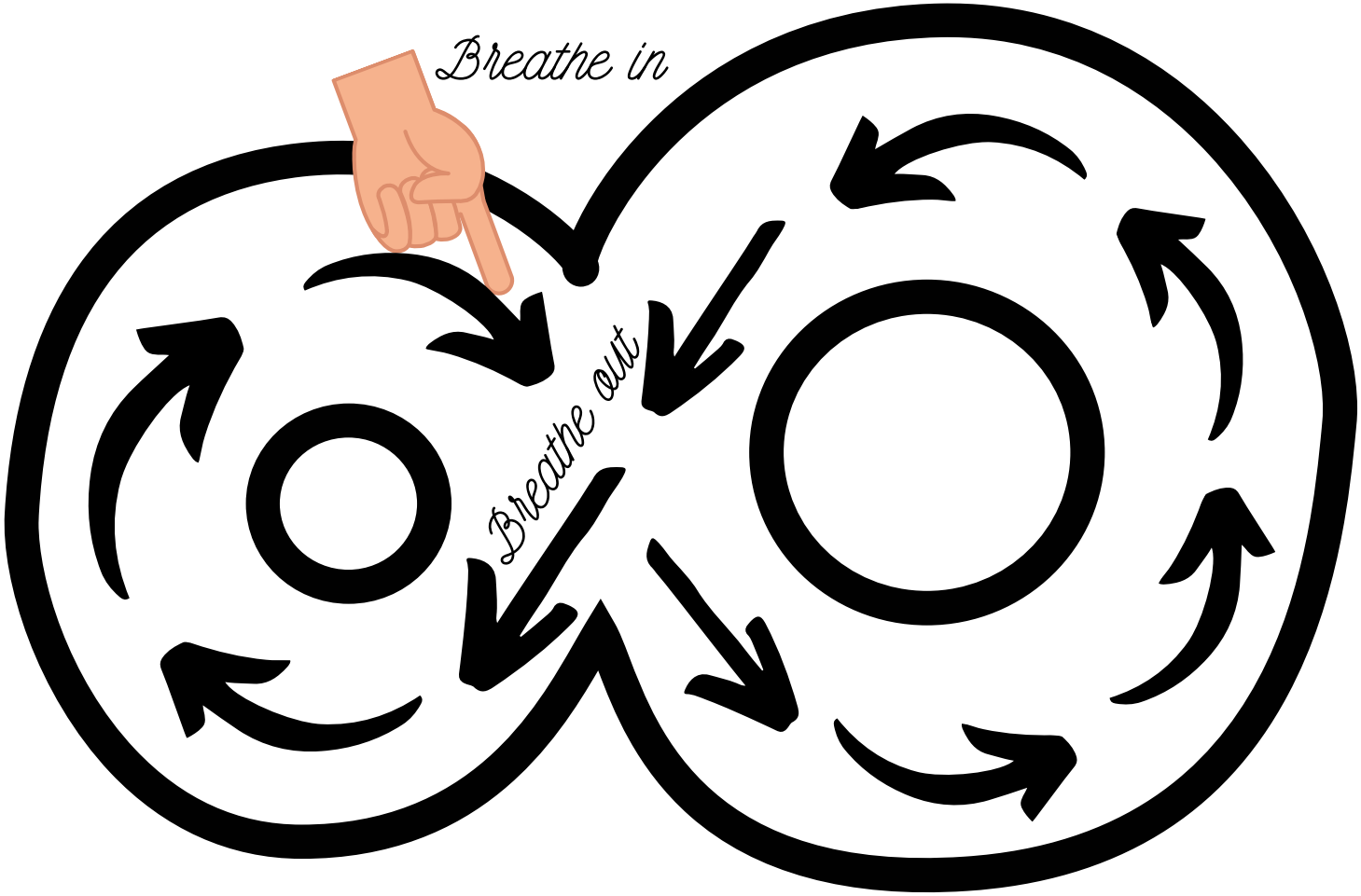
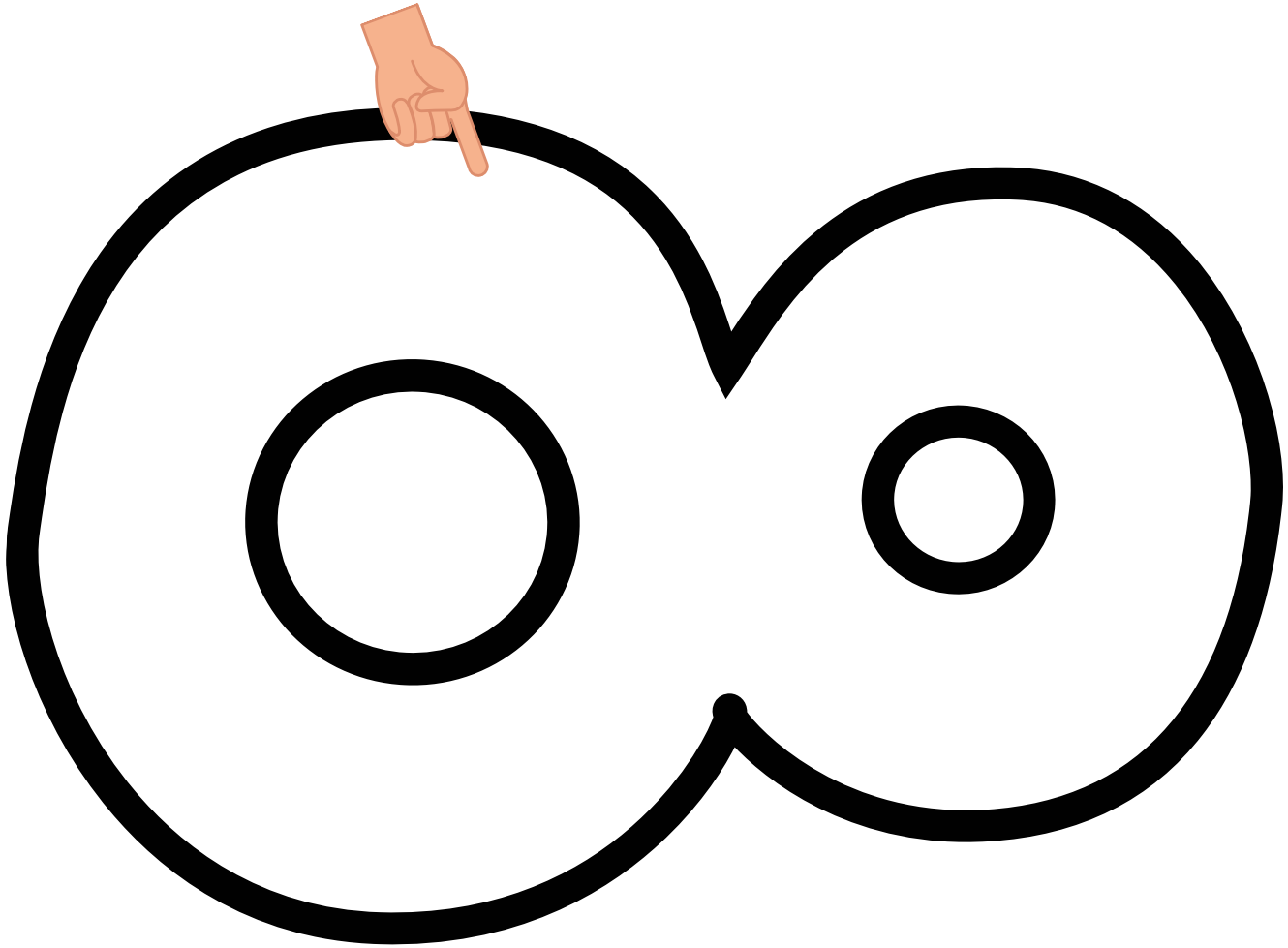
Figure of 8 Breathing



Use your finger to trace the figure of eight. Breathe in to trace the first loop, hold your breathe for one second and then breathe out for the second loop. Do this for 1/2 minutes or 10 times. You can also draw a figure of 8 in the air with your pointing finger.

Figure of 8 Breathing



Draw the arrows and mark breathe in, breathe out.

Use your finger to trace the figure of eight. Breathe in to trace the first loop, hold your breathe for one second and then breathe out for the second loop. Do this for 1/2 minutes or 10 times. You can also draw a figure of 8 in the air with your pointing finger.