

Deep Belly Breath



How to practice Deep Belly Breath

Place your right hand on your belly and your left hand on your chest. Take a deep breath in for four counts then exhale through your nose for four counts, with your lips closed. Feel the rise and fall of your chest and belly. If you're on your back, you could place an object, like a stuffed animal, on your stomach to help you feel (and see) the rise and fall of your belly. Do this deep belly breathing for a few minutes.