Figure Eight Breathing Exercise:

Imagine a side ways eight in front of your brow (see picture below). As you breath follow the flow of the eight.

1. Inhale going up the first side
2. Exhale going down and across the middle
3. Next Inhale going back up the other side
4. Exhale going donw and across the middle going the other way
5. Repeat 1 – 4

A picture containing sketch, illustration, drawing, human face

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