



Belly breathing

1



Choose a stuffy.

2



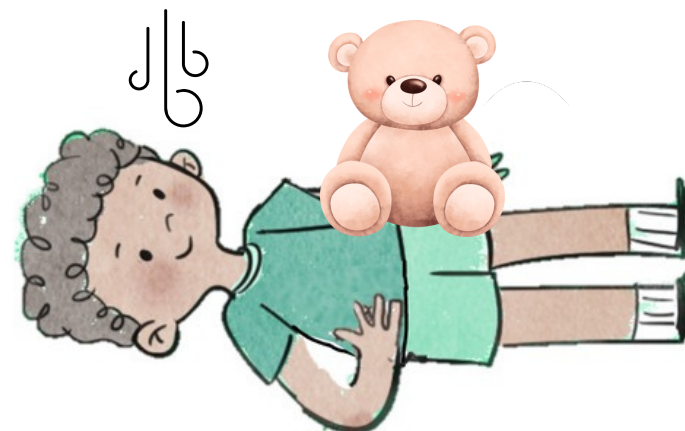
Lie on your back in a quiet corner.

3



Place the stuffy on your belly.

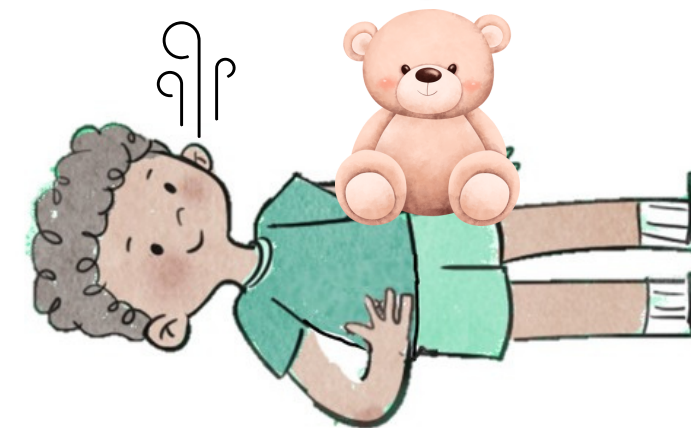
4



Breathe in:
lift your stuffy toward the ceiling, by letting air in through your nose to inflate your belly.



5



Breathe out:
lower your stuffy toward you, letting the air out through your nose to deflate your belly.