

CALM YOUR MIND



BALANCE YOUR MIND WITH THIS SIMPLE BREATHING TECHNIQUE

1. Sit comfortably
2. Take a deep breath in and then exhale fully
3. Now breathe in slowly for a count of five
4. At the top of the breath, hold it for a count of four
5. Slowly exhale for a count of eight
6. At the bottom of the breath, hold it for a count of three
7. Repeat steps 3-6 three to five more times

As you breathe out, notice the energy draining from your head and replenishing the rest of your body. relax, and feel the rejuvenation.