Breathing with Shapes

Breathe in for 3

Breathe out for 3

START HERE

Breathe in for 3

Hold for 3

Breathe out for 3

START HERE

Breathing with Shapes

Hold for 4

Breathe in for 4

Breathe out for 4

START HERE

Hold for 4

Breathe in for 3...

hold for 3...

out for 3...

START HERE
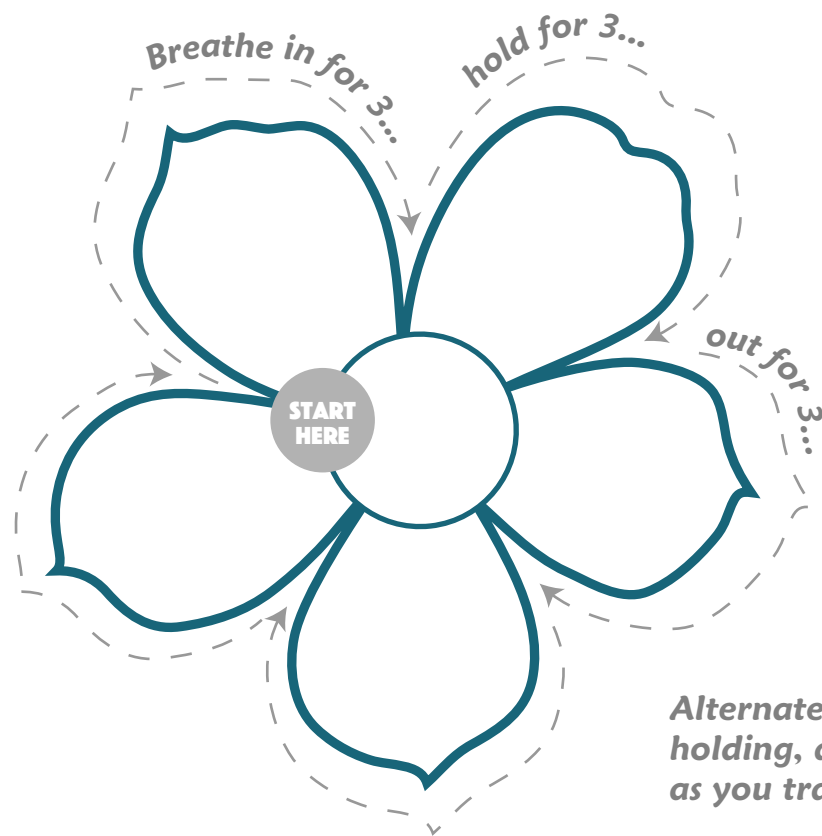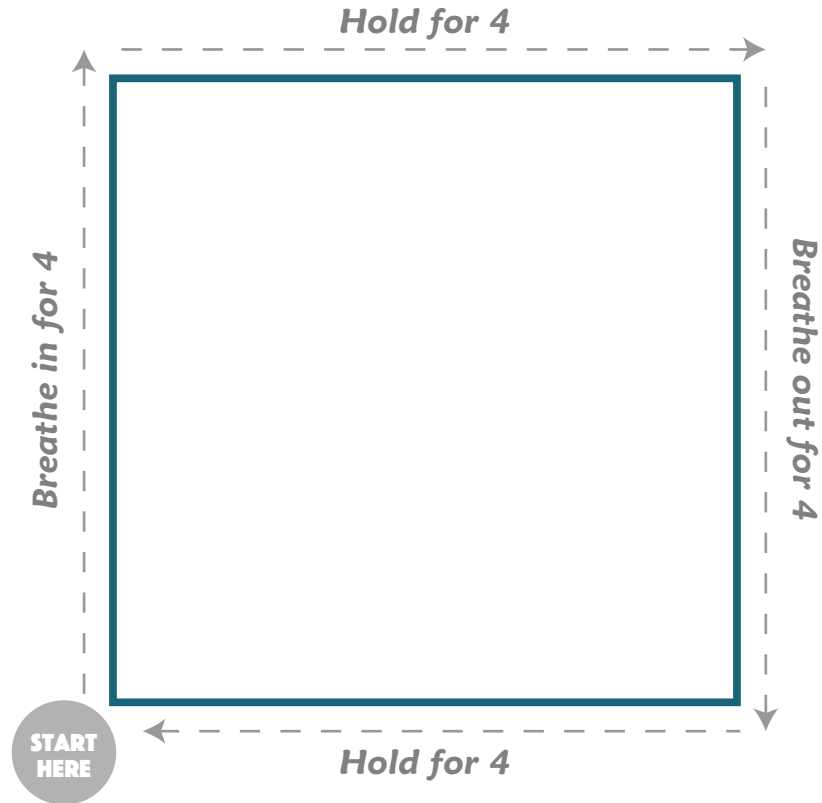
Alternate breathing in, holding, and breathing out as you trace each petal
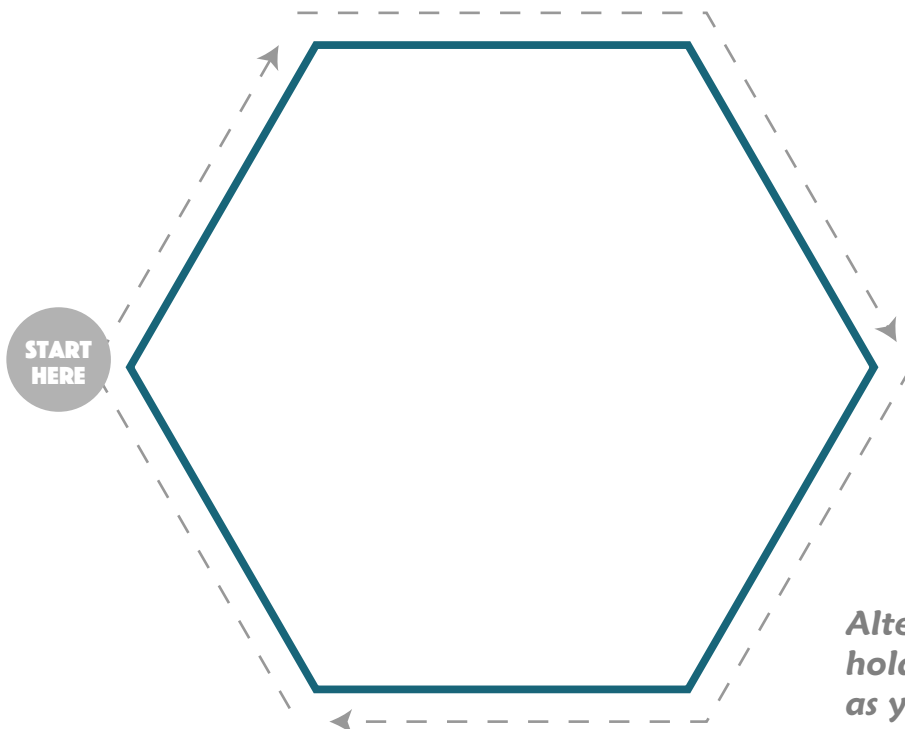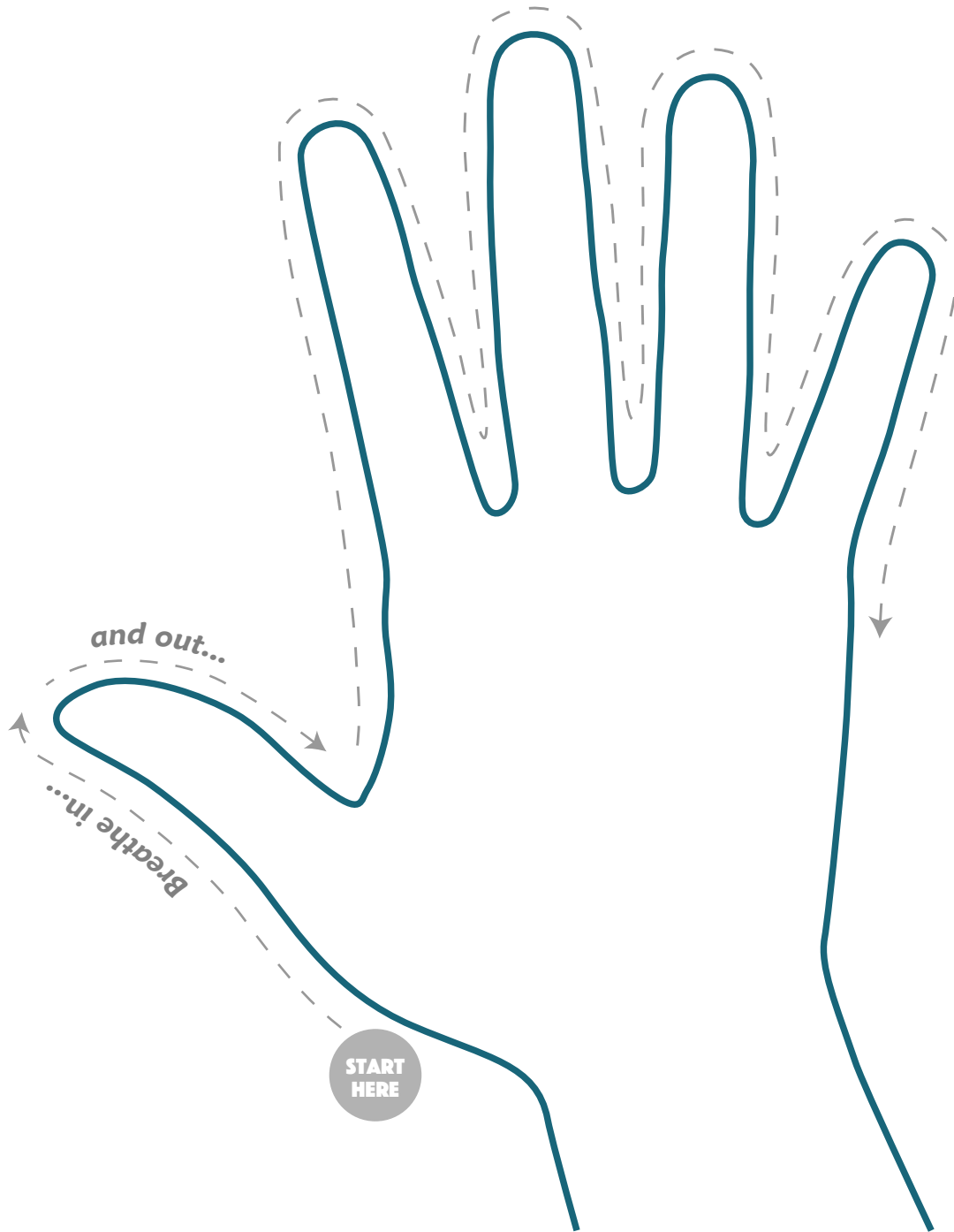
Breathing with Shapes

START HERE

Alternate breathing in, holding, and breathing out as you trace each curve

START HERE

Alternate breathing in, holding, and breathing out as you trace each side

Breathing with Shapes

and out...

Breathe in...

START HERE

Breathe in as you trace the outside of each finger, and breathe out as you trace the inside