

Elephant Breathing



Elephant Breathing Technique

Stand with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up it's trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

Sun Breathing



Sun Breathing Technique

Sit in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong ‘hah’ sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a ‘hah’ sound, drawing the sunshine towards your chest.

Take 5 Breathing



Take 5 Breathing Technique

Sit comfortably, with your hands resting in your lap. Open one hand in front of you, and place the pointer finger of the other hand at the base of your thumb. Inhale, trace your finger up to the top of your thumb. Exhale, trace the finger down the inside of your thumb to the base of your first finger. Repeat for all the fingers – inhale to the top, exhale to the bottom.