

3 Breathing Techniques to Get Out of Your Head

3 PART BREATH

One hand on the belly, one hand on the chest. Inhale, expanding the belly, the ribs, then the chest, Exhale, deflating the chest, the ribs, then the belly.

BOX BREATH

Imagine you're tracing a box. Inhale, up one side, exhale accross the top, inhale down the other side, exhale accross the bottom

BALLOON BREATH

Placing both hands on the belly. Inhale, letting the belly expand with oxygen as much as possible, like a balloon. Exhale, let it all out.