

# DEEP BELLY BREATH

w w w . m a d d i r u n d l e . c o m

Focus your attention on your breath to settle your mind and restore calm.

- Place one hand on your chest and one hand on your belly.
- Inhale through your nose for a count of four, making sure your belly is expanding and not your chest.
- Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body as your mind begins to calm.

Restore equilibrium.