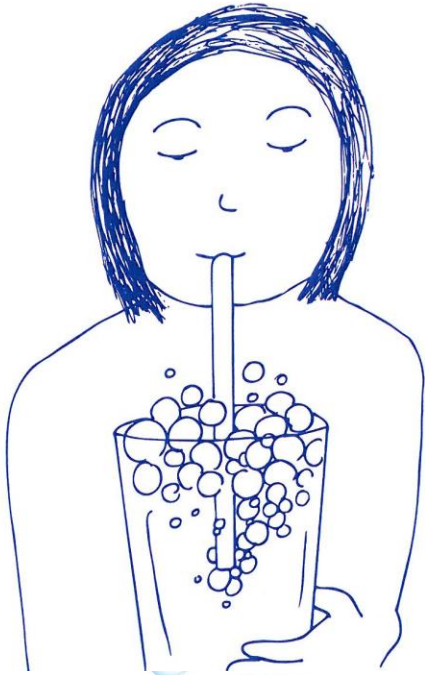




Milkshake Breathing



1. Breathe in slowly through your nose for **3** counts
2. Hold your breath for **2** counts
3. Breathe out slowly through your mouth for **5** counts (making small bubbles)

We fill our lungs up with air, like we've got balloons in there. Then we breathe out soft and slow, making bubbles as we go. Milkshake breathing is the way I can practice every day!

