



# Pufferfish Belly Breathing

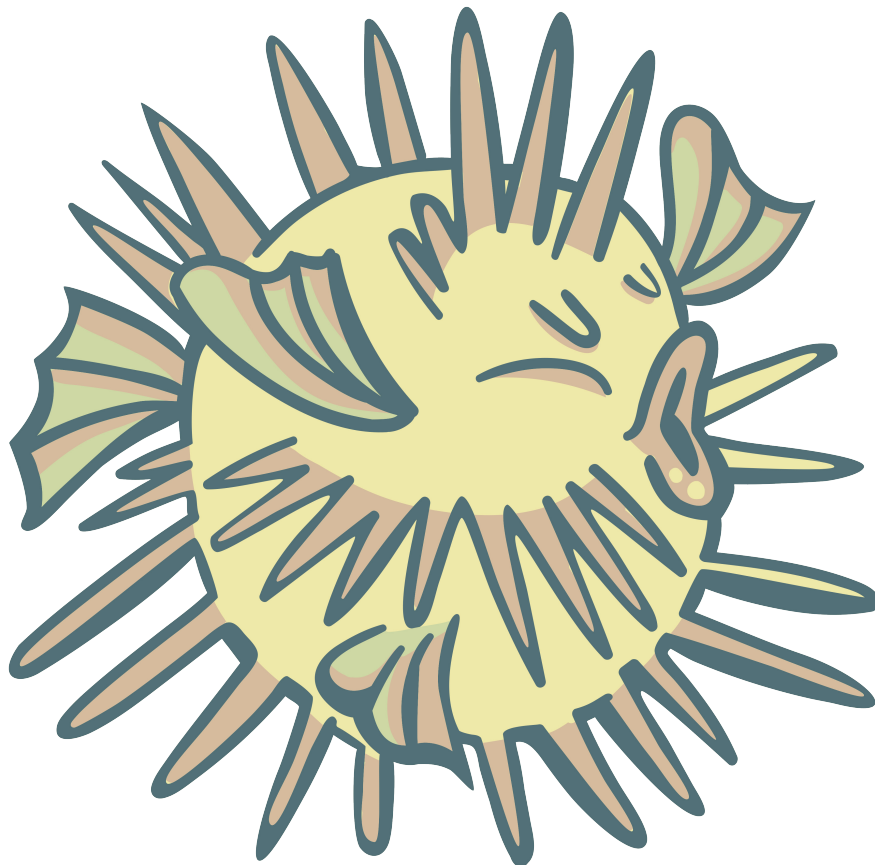
Stand or sit comfortably. Put one hand on your tummy.

Breathe in gently through your nose and notice you tummy move out a little.

Breathe out softly through gently rounded lips, as if making tiny bubbles.

Let your shoulders stay loose.

Repeat 3-5 times.



The breath should feel easy, not huge.