

# Finger Breathing

Start by putting your finger from your right hand where the star would be on your left hand. Put your mouth in a shape like you're about to use a straw. Now, slowly move your finger up your hand to the tip of your finger. Whilst you do that take a slow deep breath in like you're sucking through a straw, then move your finger back down, whilst slowly blowing out of your mouth. Work along all your fingers. Now switch hands and repeat the process.

