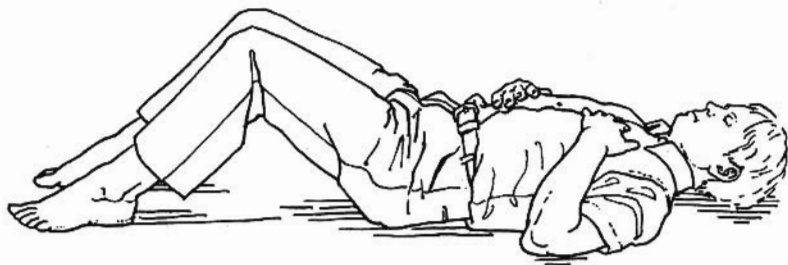






Breathing Awareness

1. Lie down on a rug or blanket on the floor in a “dead body” pose—your legs straight, slightly apart, your toes pointed comfortably outwards, your arms at your sides, not touching your body, your palms up, and your eyes closed.
2. Bring your attention to your breathing, and place your hand on the spot that seems to rise and fall the most as you inhale and exhale. Note that if this spot is in your chest, you are not making good use of the lower part of your lungs. People who are nervous tend to breathe many short, shallow breaths in their upper chest.
3. Place both of your hands gently on your abdomen and follow your breathing. Notice how your abdomen rises with each inhalation and falls with each exhalation.



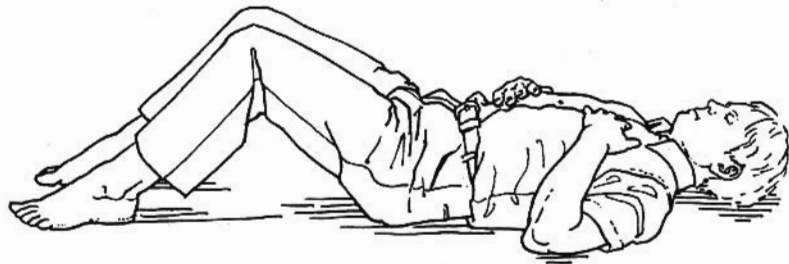
4. It is best if you breathe through your nose. If possible, clear your nasal passages before doing breathing exercises.
5. Is your chest moving in harmony with your abdomen, or is it rigid? Spend a minute or two letting your chest follow the movement of your abdomen.
6. Scan your body for tension, especially your throat, chest and abdomen.

Deep Breathing

1. Although this exercise can be practiced in a variety of poses, the following is recommended: lie down on a blanket or rug on the floor. Bend your knees and move your feet about eight inches apart, with your toes turned outward slightly. Make sure your spine is straight.
2. Scan your body for tension.
3. Place one hand on your abdomen and one hand on your chest.
4. Inhale slowly and deeply through your nose into your abdomen to push up your hand as much as feels comfortable. Your chest should move only a little and only with your abdomen.

Breathing Awareness

1. Lie down on a rug or blanket on the floor in a “dead body” pose—your legs straight, slightly apart, your toes pointed comfortably outwards, your arms at your sides, not touching your body, your palms up, and your eyes closed.
2. Bring your attention to your breathing, and place your hand on the spot that seems to rise and fall the most as you inhale and exhale. Note that if this spot is in your chest, you are not making good use of the lower part of your lungs. People who are nervous tend to breathe many short, shallow breaths in their upper chest.
3. Place both of your hands gently on your abdomen and follow your breathing. Notice how your abdomen rises with each inhalation and falls with each exhalation.



4. It is best if you breathe through your nose. If possible, clear your nasal passages before doing breathing exercises.
5. Is your chest moving in harmony with your abdomen, or is it rigid? Spend a minute or two letting your chest follow the movement of your abdomen.
6. Scan your body for tension, especially your throat, chest and abdomen.