



# B R E A T H E

## Breath Watch

Lying on your back

Place one hand on your belly

Inhale and “smell the flowers”

Let your belly release and expand

Exhale and “blow the bubbles”

Feel your belly lower

Notice the rhythm of your breath

Inhale through your nose

Release your belly and let it fully expand

Exhale through your mouth

Slowly pulling your belly toward your spine

Gradually extend your exhalation with each repetition

Practice 5-10 minutes twice a day, AM/PM

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