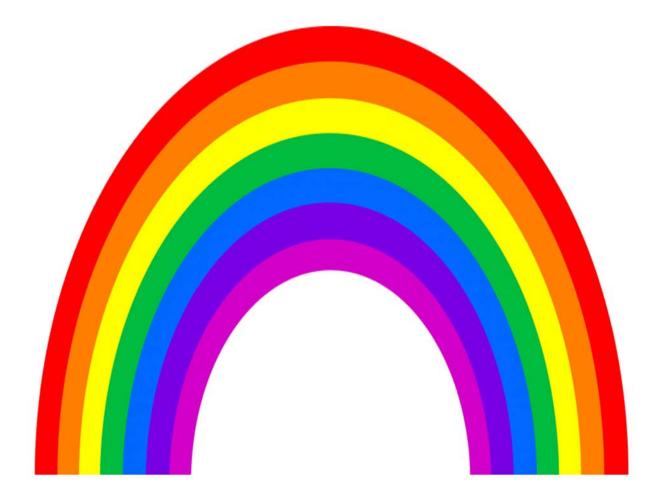
Rainbow Breathing



- Close your eyes with your hands to your side. Pretend that each arm is one end of a rainbow.
- As you inhale slowly through your nose, raise up your arms until your fingers touch above your head.
 - Hold for 3 seconds.
 - Slowly lift your arms down to your sides as you exhale slowly through your mouth.