

EXERCISE 2



Breathing exercise

Step

1

Take a 5-second breath.

1 - 2 - 3 - 4 - 5

Hold your breath for 3 seconds.

1 - 2 - 3

Then exhale in a long,
slow and even way.
Repeat 10-15 times.

Step

2

Take a maximum breath.

1 - 2 - 3 - 4 - 5 - 6 ...

Keep the air in your lungs.

1 - 2 - 3

Exhale gradually and rhythmically.
Repeat 8 times.

