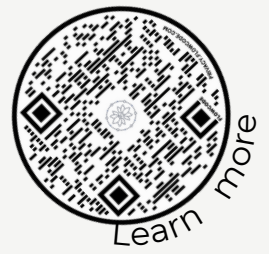
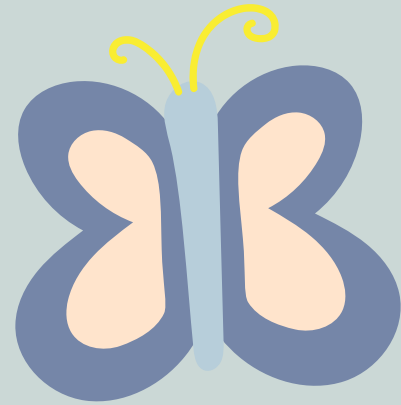


3 BREATHING TECHNIQUES FOR EARLY DEVELOPMENT



BUTTERFLY BREATH

Lay down on your back and hug your knees to your chest like a caterpillar. Inhale gently through your nose for 4 seconds and squeeze your muscles. Hold your breath for a moment. As you exhale, breathe out slowly through your mouth. Let your arms and legs go. Spread them out wide like a butterfly. Move your arms and legs up and down in unison like you're flying! This somatic exercise helps to release tension, balance energy, and develop body awareness



SOUP BREATH

Cup your hands and pretend like you are holding a bowl of soup. Slowly breath in through your nose like you are smelling the yummy soup. Slowly breathe out through your mouth to cool down the hot soup (purse your lips so you don't blow too hard!). Hum the sound "Mmmm" because it smells oh-so delicious! Nasal breathing and slow extended exhales help the body to relax while vocal toning (humming) elevates emotions and creativity.

LIONS BREATH

Inhale deeply through your nose. Exhale slowly while stretching your mouth widely. As you exhale, make a loud roar sound! The vibrations from the ROAR stimulate the vagus nerve to help ground and calm the nervous system. The face stretches help to release pent up tension and balance emotions.

