

TRIANGLE BREATH

THREE SIDES OF CALM

1. SLOWLY TRACE UP THE TRIANGLE
AS YOU BREATHE IN FOR 3 SECONDS.
- 2.) SLOWLY SLIDE DOWN THE TRIANGLE
PAUSE & HOLD YOUR BREATH FOR 3 SECONDS
- 3.) TRACE THE BOTTOM OF THE TRIANGLE
LET YOUR BREATH FLOW GENTLY OUT FOR 3 SECONDS.

