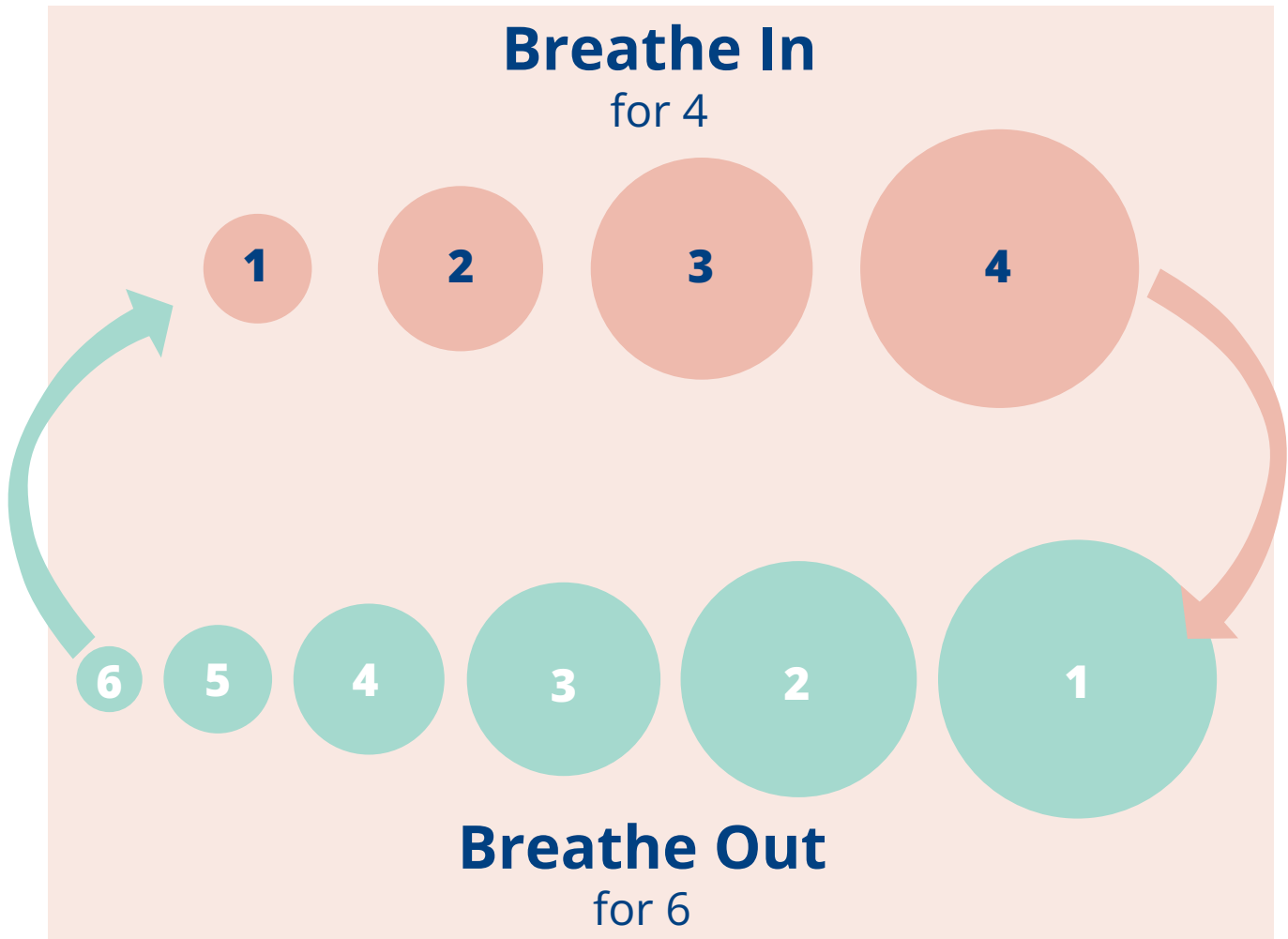


- 4:6 breathing technique
- Breathe in deeply for 4 counts and longer out for 6 counts, repeat
- Do anywhere



Tips

- Trace your finger along the picture to help.
- Breathe through your nose (if you can).
- Create a positive habit by practising every day.
- Use as a tool when you need it.

Cautions

- Do not hold your breath.
- If it does not feel helpful, stop.
- Build up gradually to 10 minutes.
- Breathe through mouth if you wish.

**For help with your meditation and yoga, write to The PPT:
P.O. Box 328, Oxford, OX2 7HF**