

DEEP BREATHING

SLOW
YOUR
BREATHING

**SIT OR
LIE DOWN**

somewhere comfortable



**BREATHE IN
THROUGH YOUR
NOSE**

for  counts

**BREATHE OUT
THROUGH YOUR
NOSE**

for  counts

**HOLD YOUR
BREATH**

for  counts

REPEAT

REPEAT

REPEAT

Daily Breath

F Rizvi



Daily Breath:

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