

LAZY 8 BREATH

Breathe In: As you trace or imagine the first half of the 8, breathe in slowly and deeply. Try to time your breath so that it lasts for the entire half-circle.

Pause at the Center: Once you reach the center of the 8 again, pause briefly.

Breathe Out: As you trace or imagine the second half of the 8, breathe out slowly. Like with the inhale, try to time your exhale to match the duration of tracing the half-circle.

Repeat: Continue this pattern for several minutes. Inhale on one half of the 8, pause at the center, and exhale on the other half.

