



I'm not robot



I am not robot!

Hands on breathing practice to connect the senses. Breathe in as you trace up your fingers, breathe out as you trace down. Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. This can be an unpleasant and upsetting sensation. Using the pointer finger of the opposite hand, we will trace each finger as we take deep belly breaths in and out through our nose. Five Finger Breathing Stretch your hand out. Begin by holding one hand up with fingers spread wide. You can also do this breathing exercise. Students learn to trace the outline of their fingers in rhythm with their in-and-out breath pattern, which helps to develop their attention skills. 1, Stretch your hand out like a star, Get your pointer finger ready to trace your fingers UP and down, Slide UP each finger slowly slide down the other side, Breathe in Deep breathing activates the body's calm-down mechanism. Hold one hand out. Incorporate this practice whenever you wish for a few moments of mindfulness. Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You focus on your breath as well as the sensation of touch. Students learn to trace the outline of their fingers in rhythm with their in-and-out breath pattern, which helps to develop their attention skills. 5 Finger Breathing. Begin in a comfortable seated position. You can also do this breathing exercise using your own hand. Breathe in as you trace up your fingers, breathe out as 1 Stretch your hand out like a star and turn your palm to your face. Use the pointer finger of your other hand to trace the fingers of this hand. 1 Breathe in as you trace up toward the tip. Finger Breathing This technique is excellent for grounding, centering, and calming the mind. Five Finger Breathing Stretch your hand out. Use the pointer finger of your other hand to trace the fingers of this hand. Even as little as one minute of deep breathing can lessen anxiety and reduce stress hormones in your bloodstream. Breathlessness is an awareness of difficult or uncomfortable breathing. It is important to remember breathlessness is not. Five-finger breathing is a quick and easy breathing exercise. 1 Trace the edges of one hand with your opposite hand's pointer finger. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out— finishing with five deep breaths. Benefits: Increases focus, conscious breathing, activates tactile sense. Five Finger Breathing Exercise Set your left hand out in front of you if you feel comfortable close your eyes or keep a fixed gaze. With your right pointer finger, trace your fingers up and down. Starting at your pinky, breath in as you trace your finger upward and breath out and your trace your finger down. Five-finger breathing is a simple, powerful breathing technique for deep relaxation and pain relief.