

SHARK FIN BREATHING

1. Find a comfortable place to sit down.
2. Close your eyes
3. Place your thumb to your forehead with your other fingers pointing to the sky (like a shark fin).
4. Take a deep breath and move your hand slowly down from your forehead to your chest.
5. Breathe in and out a few times.

Remember your “5-S’s”:

Sit straight, Still, Silent, Soft Breathing, and Shut eyes

How do you feel afterwards?