

YOGA CAN HELP

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## Balloon Breath



## How to do Balloon Breath

Sit tall in any comfortable position either on the floor or on a chair. Make sure your back is tall, but not rigid. Relax your body without collapsing the front.

Close your eyes, put your hands on your belly. Inhale and feel your belly expanding, like an inflated balloon. Exhale and feel your belly getting smaller, like a deflating balloon.

Repeat Balloon Breath 10 times and follow the outward and inward movement of the belly with your hands. When finished, place your hands on your knees and breathe normally for a few seconds.

Open your eyes and enjoy feeling calm and relaxed.