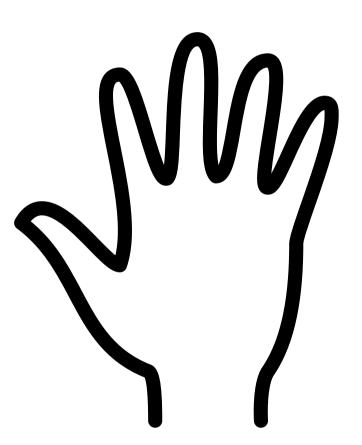


5 Finger Breathing

- 1. Sit or stand comfortably with your back straight.
- 2. Open the palm of one hand wide.
- 3. Breathe in as you trace the finger up and breathe out as you trace the finger down.4. Repeat.



Questions? Email ambassadorsupport@km365.org.

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