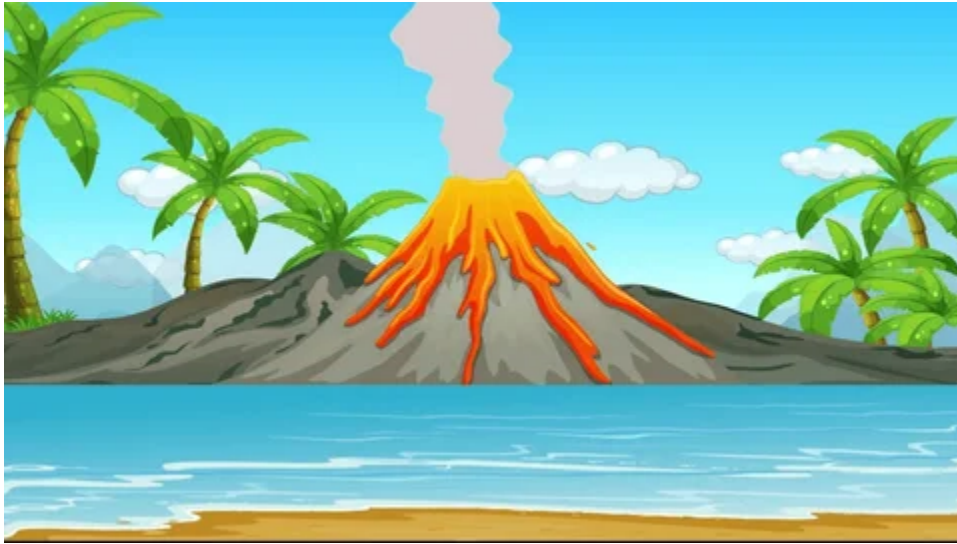


Volcano Breathing



1. Sit with your back as straight as possible.
2. Start with your hands in front of your heart, with palms touching.
3. Rub your hands back and forth creating friction. Your palms should feel some heat.
4. Keeping your hands together, reach straight up and breathe in. Hold for a count of 4.
5. Separate your hands and move your arms down to your side. Breathe out and make a "shhning" sound.

Birthday Cake Candle Breathing



1. Sit with your back as straight as possible.
2. Spread your palm out in front of you. Wiggle your fingers and pretend they're candles.
3. Inhale a deep breath through your nose and hold. Make a wish.
4. Start with your thumb and exhale through your mouth blowing out that candle. Tuck in your thumb.
5. Repeat until all 5 candles are blown out.
6. Repeat on the other hand.

Shoulder Roll Breathing



1. Sit with your back as straight as possible.
2. Take a slow deep breath through your nose and raise your shoulders towards your ears.
3. Then breathe out slowly through your mouth.
 4. At the same time, slowly move your shoulders back and down so we're making circles with our shoulders.
 5. Slowly repeat three times.