

Shoulder Breathing



Shoulder Breathing Technique

Sit in a comfortable position. Inhale slowly, raising your shoulders up towards your ears. Exhale slowly through your mouth, lowering your shoulders back down again. Repeat slowly, rolling your shoulders up and down in time with your breath.

Rainbow Breathing



Rainbow Breathing Technique

Lie down on your back in a comfortable position, making sure you have enough space on either side of you to spread your arms. Stretch your arms out wide, with the palms of your hands facing up to the sky. Inhale slowly, bringing your hands to meet gently over your head. As they glide up towards each other making a rainbow shape, think about a colour that comes to mind. What is your favourite thing of that colour? Then gently exhale the hands back to the ground. Repeat x7 for each colour of the rainbow.