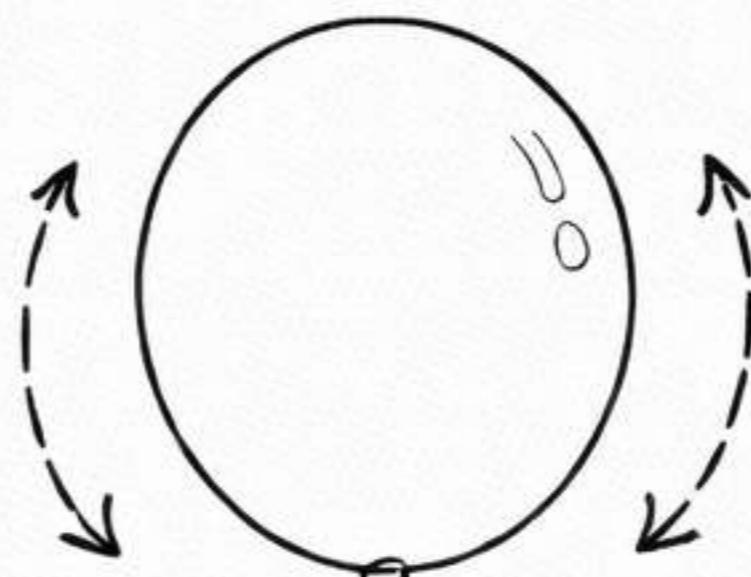
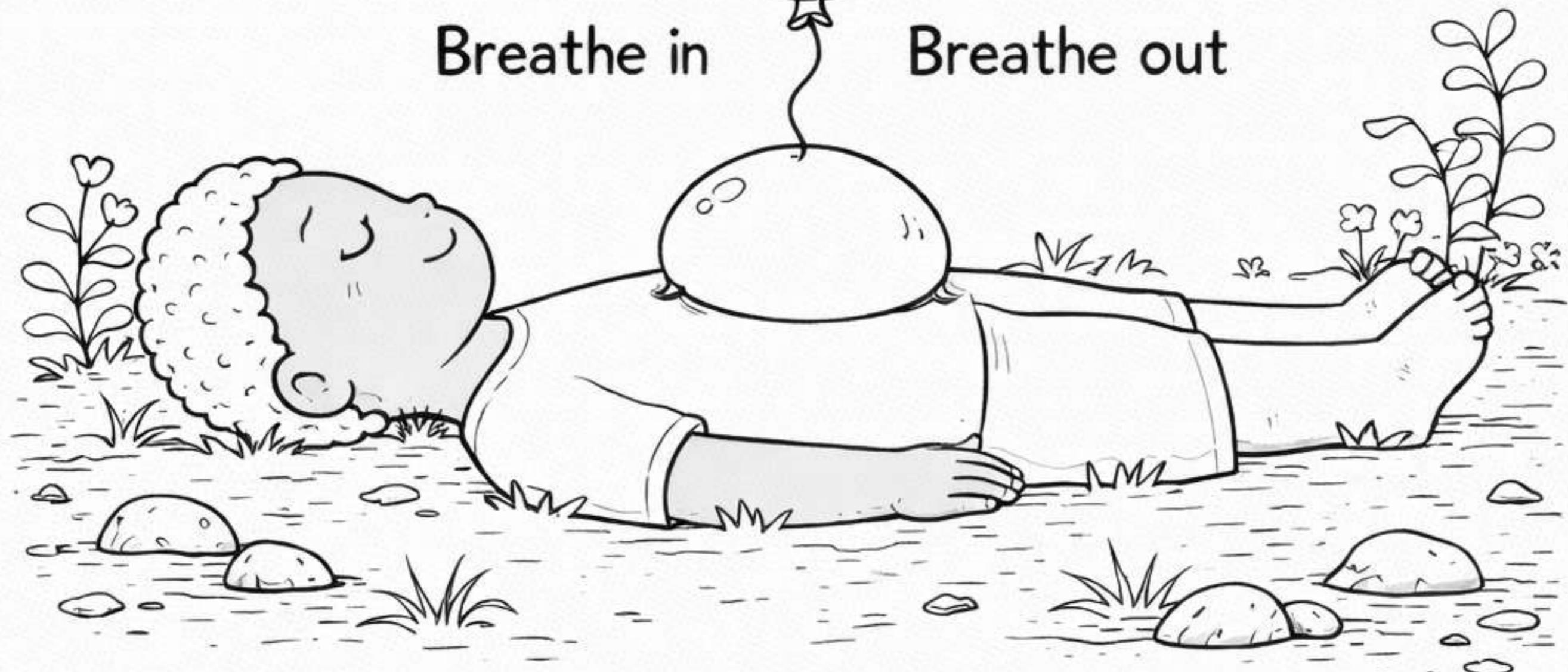


Balloon Belly Breathing



Breathe in

Breathe out



Place a toy or paper over your belly, then breathe in and

- Inhale through your nose
- Feel your belly fill up like a balloon.
- Exhale through your mouth like blowing out a candle
- Watch the toy or paper slowly rise and fall!