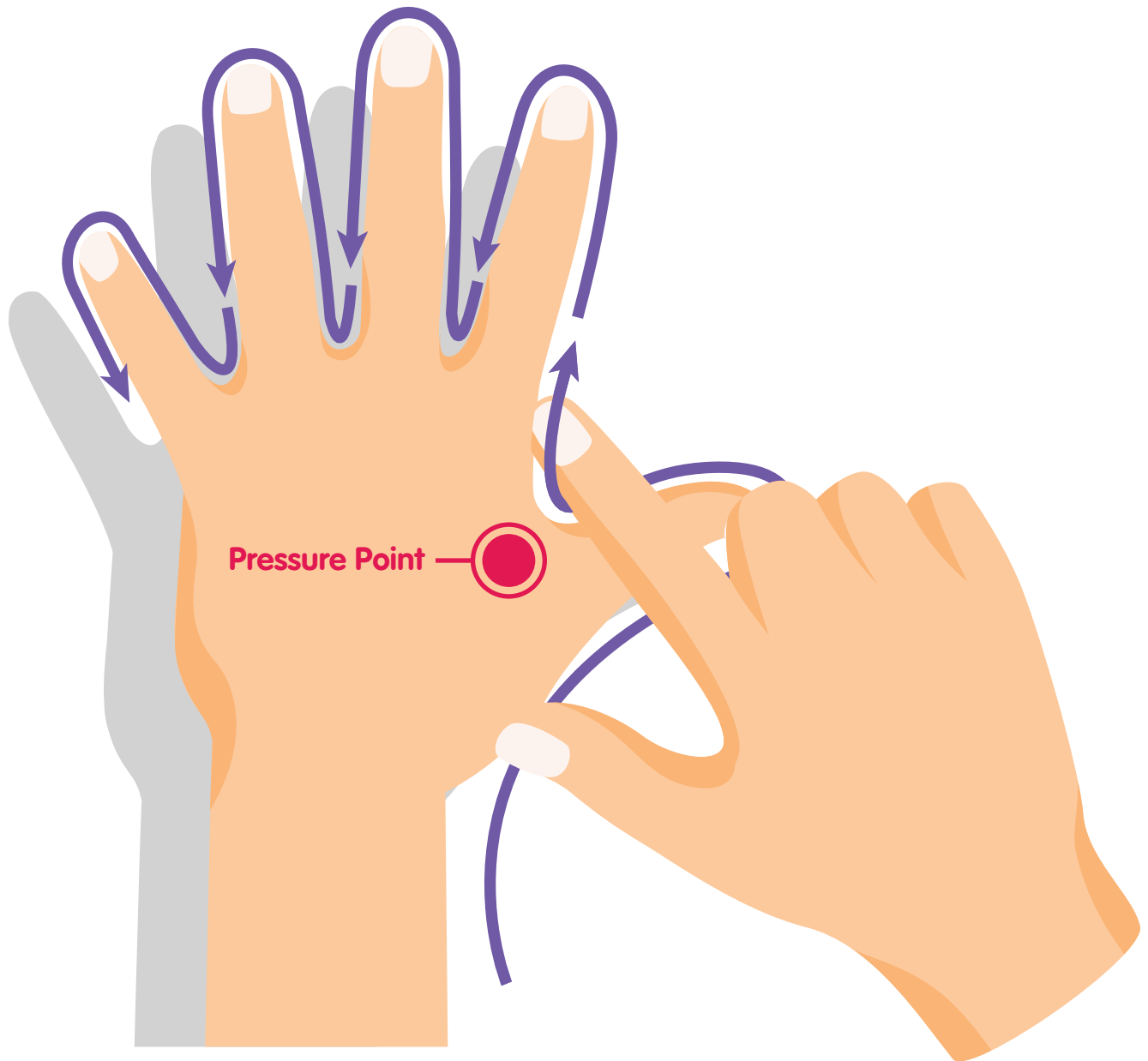


Finger Breathing



Using your index finger starting from your wrist, inhale as trace your index finger up to the top of your thumb, exhale and come down the thumb. Inhale again and take your index finger up your index finger and exhale as you come down it. Continue inhaling and exhaling and trace your index finger up and down until you reach the other side of your wrist – you can then inhale and take your index finger up your little finger and repeat the exercise travelling back across your hand.

(Repeat 3 – 5 times)