

Bee Breath for Relaxation



Try this short breathing exercise to buzz your way to relaxation!



1. Sit in any comfortable position.



2. Close your eyes, if comfortable.



3. Take a few natural breaths.



4. Keep your lips slightly sealed.



5. Inhale through your nose. Keep your shoulders relaxed.



6. As your exhale, make the sound of the letter "M". It will sound like you are humming.



7. Repeat steps 5 & 6. Try to do 8 -10 rounds and focus on the vibration in your throat.



8. Take a few natural breaths and rest when you finish.

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Beginner Tip!

The most important part of breathing is to be comfortable!

Sit in a chair or on a blanket on the floor.



Expert Idea!

Practice every day!
Each week you can try lengthening your exhale by a few seconds.



Stop bee breath if you feel any difficulty breathing.



Find more tips at www.ThriveforCancerSurvivors.com

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