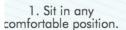
Bee Breath for Relaxation



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







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, the letter "M". It will sound like you are humming.



7. Repeat steps make the sound of 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.

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, the letter "M". It will sound like you are humming.

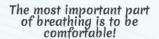


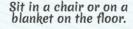
7. Repeat steps make the sound of 5 & 6. Try to do 8 -10 rounds and focus on the vibration in your throat.



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

Beginner Tip!







Expert Idea!

Practice every day!







Stop bee breath if you feel any difficulty breathing.



Find more tips at www.ThriveforCancerSurvivors.com







Beginner Tip!







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





