Lazy 8 Breath

Inhale   Exhale
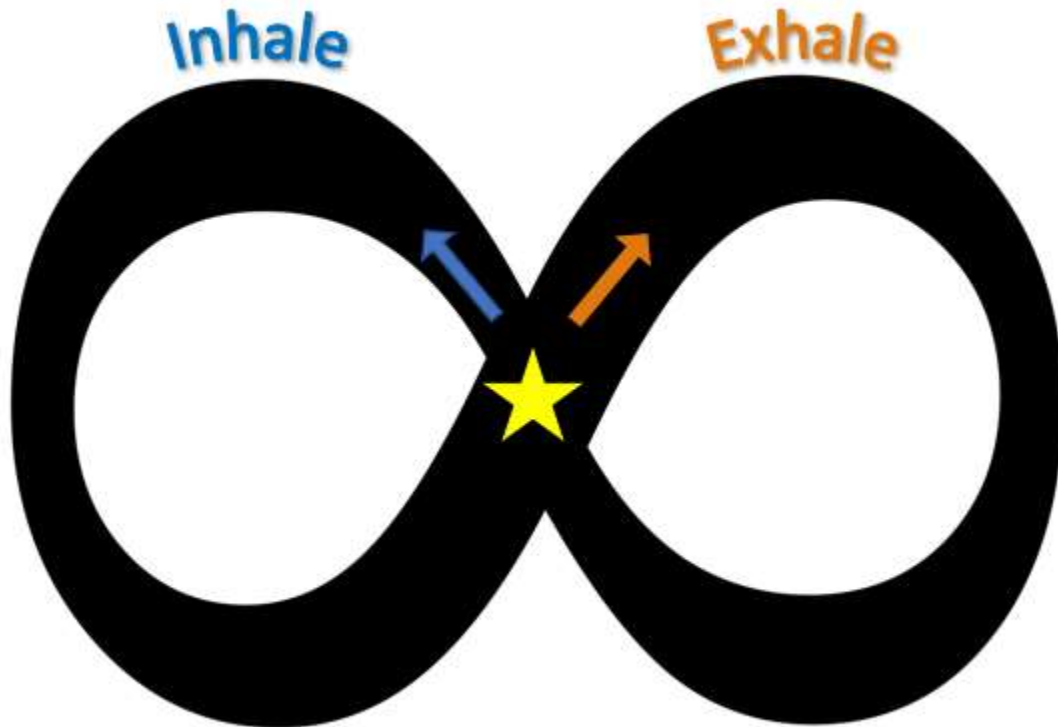

Begin with your finger on the center star.

Follow the **BLUE** arrow and inhale while tracing the loop back to the star.

Follow the **ORANGE** arrow and exhale while tracing the loop back to the star.

Repeat a total of 8 times.