

## Finger breathing 1

Breathe in through your nose and draw a straight vertical line upwards in the air with your forefinger.

Exhale through pursed lips and draw a curved line downwards with your finger. Try to exhale as long as you move your finger.

Repeat – inhale through your nose and move your finger straight up. Exhale through pursed lips and draw a curved line downwards with your finger.

The exercise leads to longer exhales and shifts your attention to hand movement.

### YouTube video of the exercise

<https://youtu.be/xtwxYV-zu2I>



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