

## Finger breathing 2

The exercise consists of breathing and finger movement carried out in the same rhythm. You can choose the order in which you use your fingers as long as you decide the order before the exercise.

Bring your thumb and forefinger together. Keep your eyes on your fingers. Inhale through your nose and open your fingers at the same time. Exhale through pursed lips and bring your fingers together at the same time.

Inhale and open your hand. Move on to the next finger and exhale to bring your finger and thumb together. Inhale and open your hand. Exhale and bring the next finger together with your thumb. Touch fingers for the duration of your exhale.

### YouTube video of the exercise

<https://youtu.be/6Q7HzBoWBis>



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