

Breathing through the body (by Williamon, 2011)

- Start breathing from the center of your body. Draw in air slowly through your nose for a count of four. As you inhale this long, slow breath, allow the air to fill your belly out.
- Hold your breath for a count of four
- Now, slowly exhale for a count of eight and as you do release any tension from your forehead, jaw and neck through your shoulders and arms and on through to your fingers
- Inhale for four and hold for four in the same way
- Slowly exhale for a count of eight, releasing any tension from your chest and stomach and relaxing all of your vertebrae down your spine
- Inhale for four and hold for four in the same way
- And now, slowly exhale for a count of eight, releasing any tension from your hips and thighs through your lower leg and ankle, all the way to your toes.