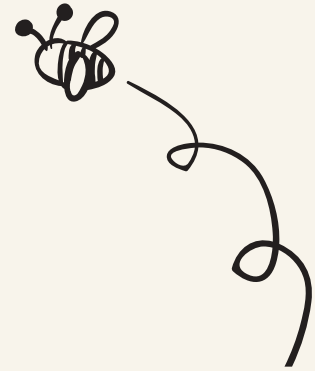




BUMBLE BEE BREATH



ALSO CALLED BRAHMARI BREATH

Sit comfortably and gently place the tips of your pointer fingers in your ears, close your eyes. Alternately, place fingertips on cheeks.

Breathe in through your nose and then **hum & buzz** quietly as you slowly breathe out. Press lips together.

Feel and hear the calming vibrations

Repeat several times, slowly lengthening the exhale.

Brahmari breath can be used as a regular daily practice to encourage relaxation or as an on-the-spot remedy. Quick & easy!

TELL STRESS & ANXIETY TO BUZZ OFF!

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