



Balloon Breath

(Ghannam, 2018)

- 1. Inhale gently through your nose, blowing your belly up like a balloon for a count of 1-2-3.**
- 2. Exhale through your mouth, exhaling the air from the balloon, counting 3-2-1.**
- 3. Imagine the color of your balloon and visualize it as you take a few more rounds of balloon breath.**
- 4. Repeat three to five times, or as many times as you'd like.**