

# morning BREATH WORK

BY DAREBEE

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## 30 seconds

**1-2-3-4-5 count** slowly breathe in.

**1-2-3-4-5 count** slowly breathe out.

## 2 minutes

1. Inhale deeply through the nose.
2. Exhale slowly through the mouth.
3. Repeat until the times is up.

## Finisher

1. Inhale deeply through the nose.
2. Exhale to 90% & hold for as long as you can.
3. Inhale fully, hold & count to 15 then slowly exhale.