

deep breathing

1. Get comfortable with your back straight.

2. Place one hand on your belly.

3. Count "one, two, three" seconds on the inhale.

4. Breathe in through your nose. Let your belly fill with air, then your chest & collar bones.

5. Count "one, two" on the pause.

6. Count "one, two, three, four" on the exhale.



7. Exhale using your stomach muscles to push out the last of the air.

8. Count "one, two" on the pause.

9. Repeat three more times.

Mabage For Relaxation

Christian Drosten



Mabage For Relaxation:

New York Magazine ,1996-09-23 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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