

# BEE BREATH



**Sit up with your back straight and shoulders relaxed.**

**Take a few regular breaths.**

**Keeping your lips tightly closed, breathe in through your nose.**

**When you breathe out, make a mmmmm sound through closed lips, like a bee humming.**

**Then repeat: inhale through the nose, then hum like a buzzing bee as you exhale. Continue by inhaling as needed and exhaling with this sound for several minutes.**

**You can practise as long as it feels good.**

