Activity 3
Butterfly breathing

- Lace your fingers under your chin
  - Palms facing downward, gently support chin
  - Neutral head, feel maximum airflow
  - Keep head, neck, and back in line

- Breath in
  - Breath through your nose
  - Draw your elbows upward
  - Higher elbows → opens chest → more air you can draw in

- Pause

- Breath out
  - Breath through your mouth, making “H” sound
  - Lower elbows
  - Gently press chin upward, as head stretches backward
  - The further you stretch → the back of the neck releases

- Pause

- Repeat as needed
  - Start with 1 or 2 repetitions at a time
  - Build up to 5, 10, or 15 times per session