SNAKE BREATH

1. **Take a deep breath in through your nose.**
2. **Exhale out of your mouth with the sound of a snake, SSSSSSSSSSssssssssssss....**
3. **Make the sound for as long as you comfortably can.** Can you feel your belly muscles tighten as you exhale?
4. **Practice 3-7 times for a boost of energy and relaxation!**

Try this with your next breath: Move your spine like a snake as you breathe out.

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