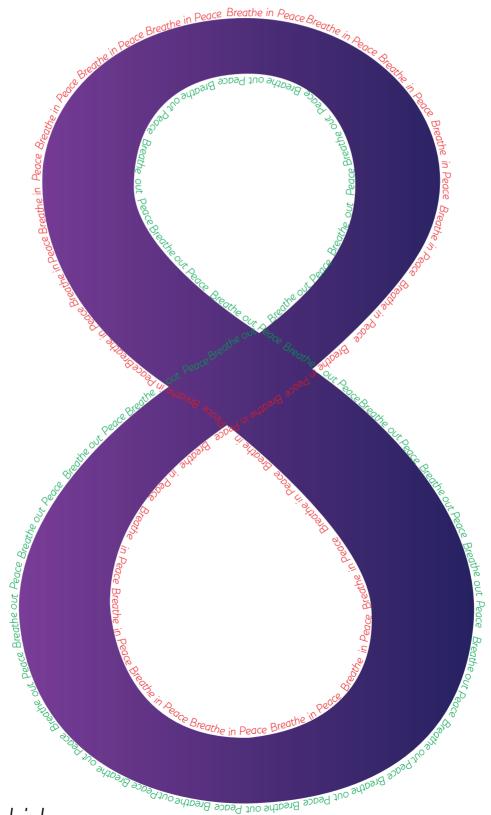


## Infinity Breathing

## How to use

Place your finger in the centre of the figure of 8. Breathe in slowly and trace your figure around one half of the eight and as you reach the centre again, start to breath out. Each time you do it, try and make your finger move slower so you are breathing more slowly.



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