

...Relax

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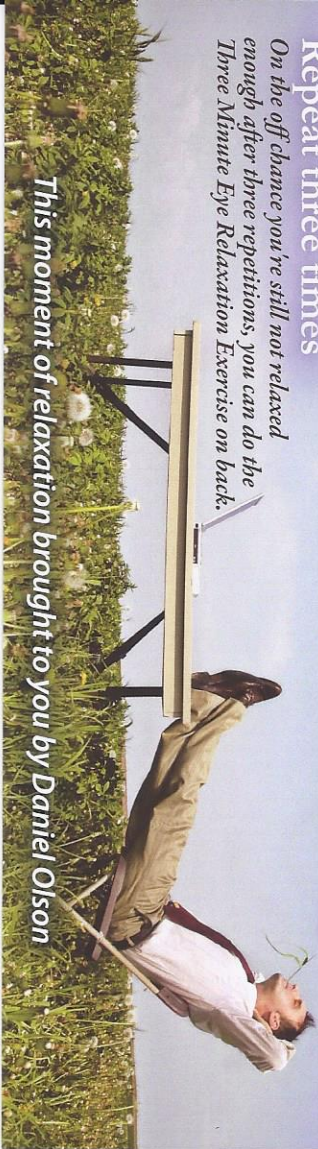
The 6·2·6 Breathing Exercise

The intention of this breathing is to be more relaxed and calm after doing it than before you started. It can be done with eyes open or eyes closed....

- 1... Take an in breath for a count of six **6**
- 2... Hold your breath for a count of two **2**
- 3... Exhale slowly... for a count of six **6**

Repeat three times

On the off chance you're still not relaxed enough after three repetitions, you can do the Three Minute Eye Relaxation Exercise on back.



This moment of relaxation brought to you by Daniel Olson