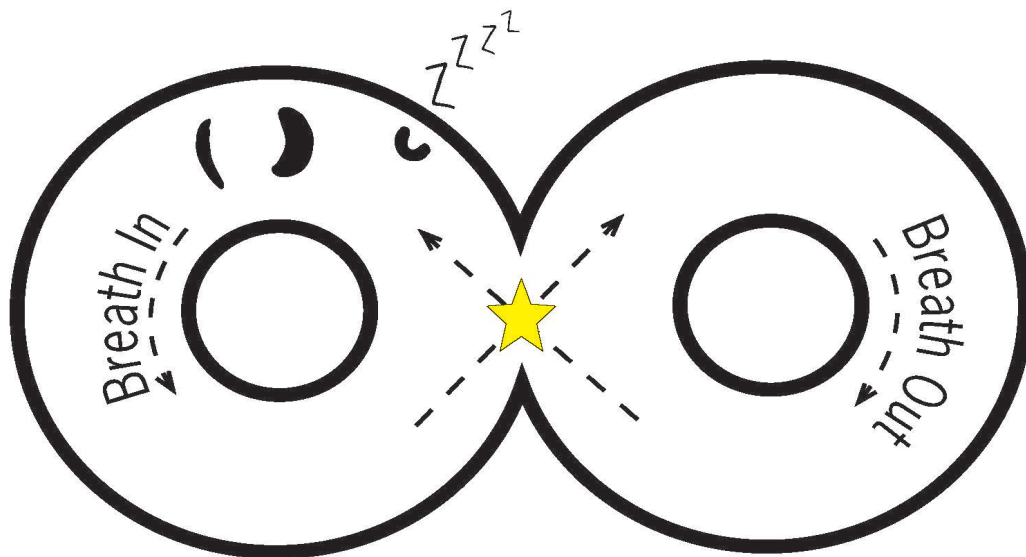


Hello St. Agatha community,

The focus this week will be to practice the Lazy 8 Breathing. See below the work sheet for guided instructions. The goal is to practice the various deep breathing techniques that have been provided within the past few weeks and to find a deep breathing strategy that works for you. The more you practice and develop utilizing the technique during your daily routine you will start to notice a difference with how you feel.

The **ZONES** of Regulation® Reproducible T

Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.