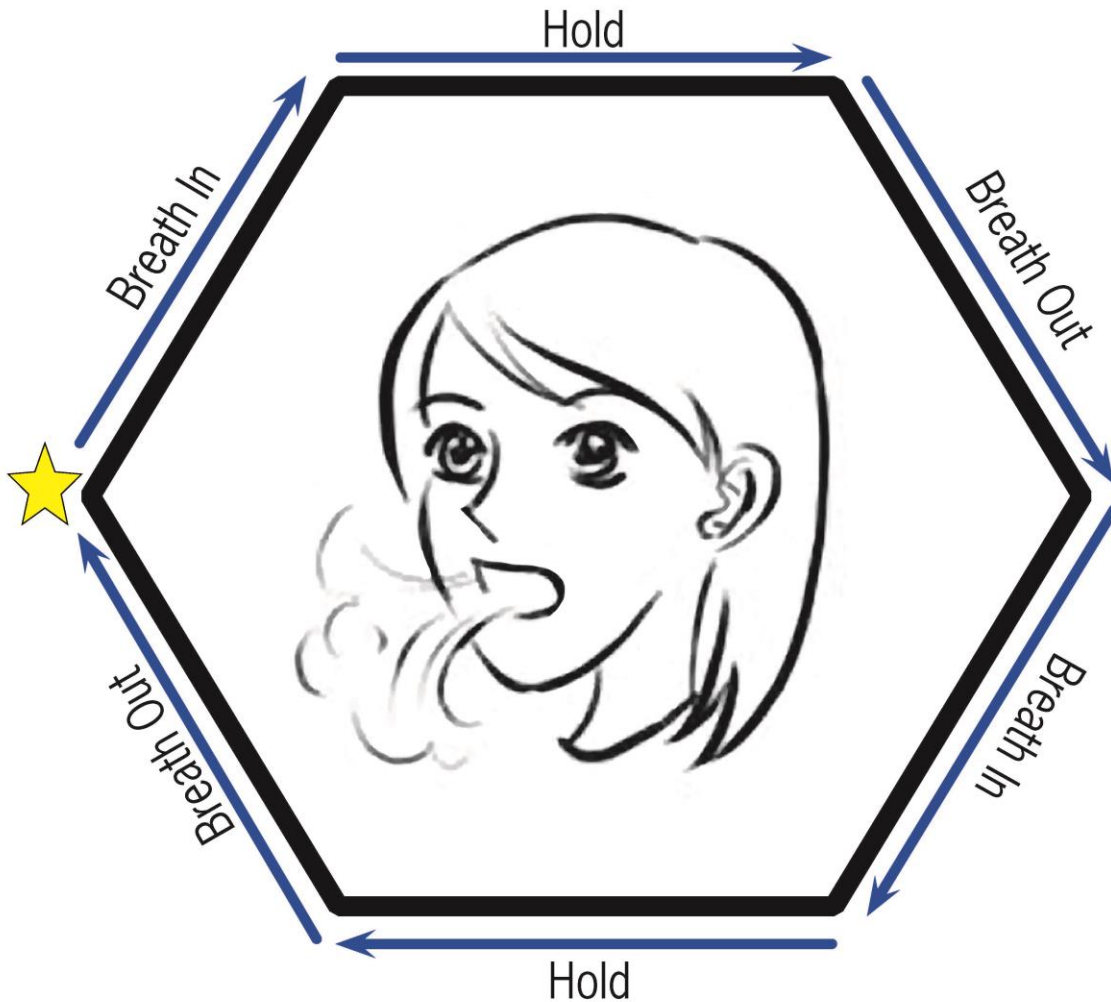


Hello St. Agatha community,

This week's focus will be on The Six Sides of Breathing technique. Please follow the instructions below the page to guide you thru your practice.

The **ZONES** of Regulation® Reproducible S

# The Six Sides of **Breathing**



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.