



- A. As the inhale occurs, gently assist the breath in, imagining that you are “inflating” the arm/leg involved, causing the hand/foot to “inflate” or open like a flower on the inhale.
- B. On the exhale become totally passive and sense the hand/foot closing up like a flower at night but without effort. Slowly reduce the effort to the lightest level, ‘allowing’ the sensation.
- C. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.