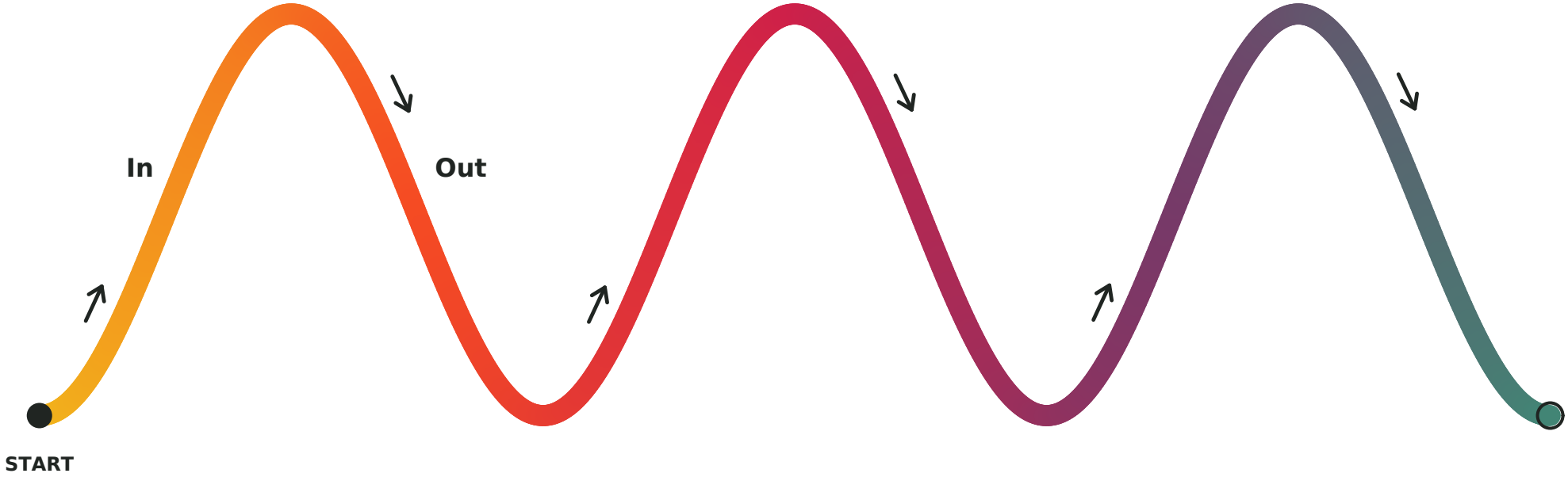
Follow the wave

THE REGULATION CO

Follow with your finger or eyes.

Breathe in as it rises, out as it falls, if comfortable.

Your pace. Stop whenever you like.



Or just trace and breathe normally.

Again **Finished** **Try something else**

Stop if you feel dizzy or uncomfortable. Let your breathing return to normal.

Gentle breathing guidance: NHS