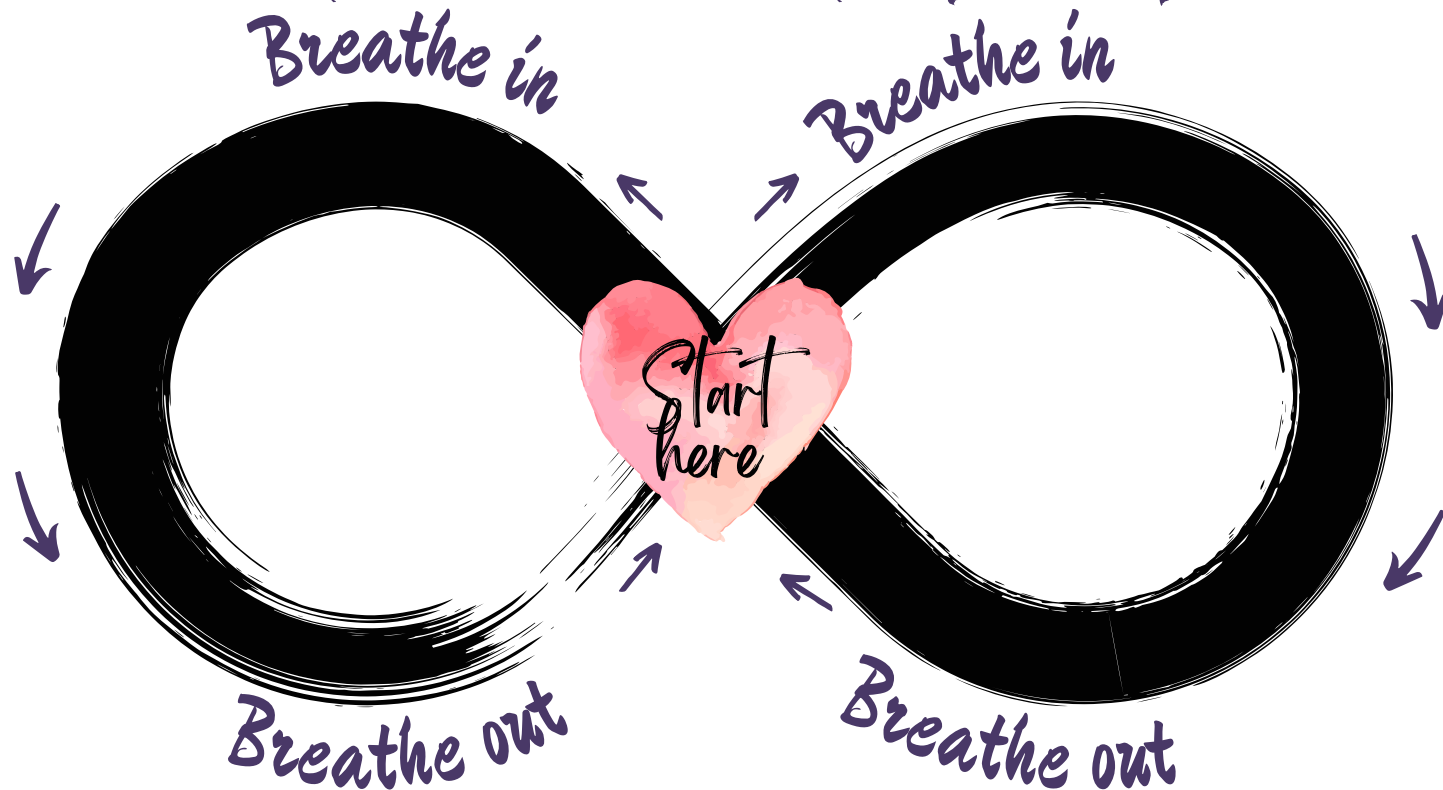


LAZY 8 BREATHING



Lazy 8 breathing combines slow breathing with eye movement in the shape of a sideways figure eight. That infinity loop is not just artsy. It helps both sides of the brain cooperate instead of arguing like siblings on a road trip.

Place your finger in the middle of the 8. Go up slowly to the left and trace the left part of the 8 while you breathe in. When you pass the middle of the 8 breathe out, as you trace the right part of the 8.

Repeat until you feel relaxed.