

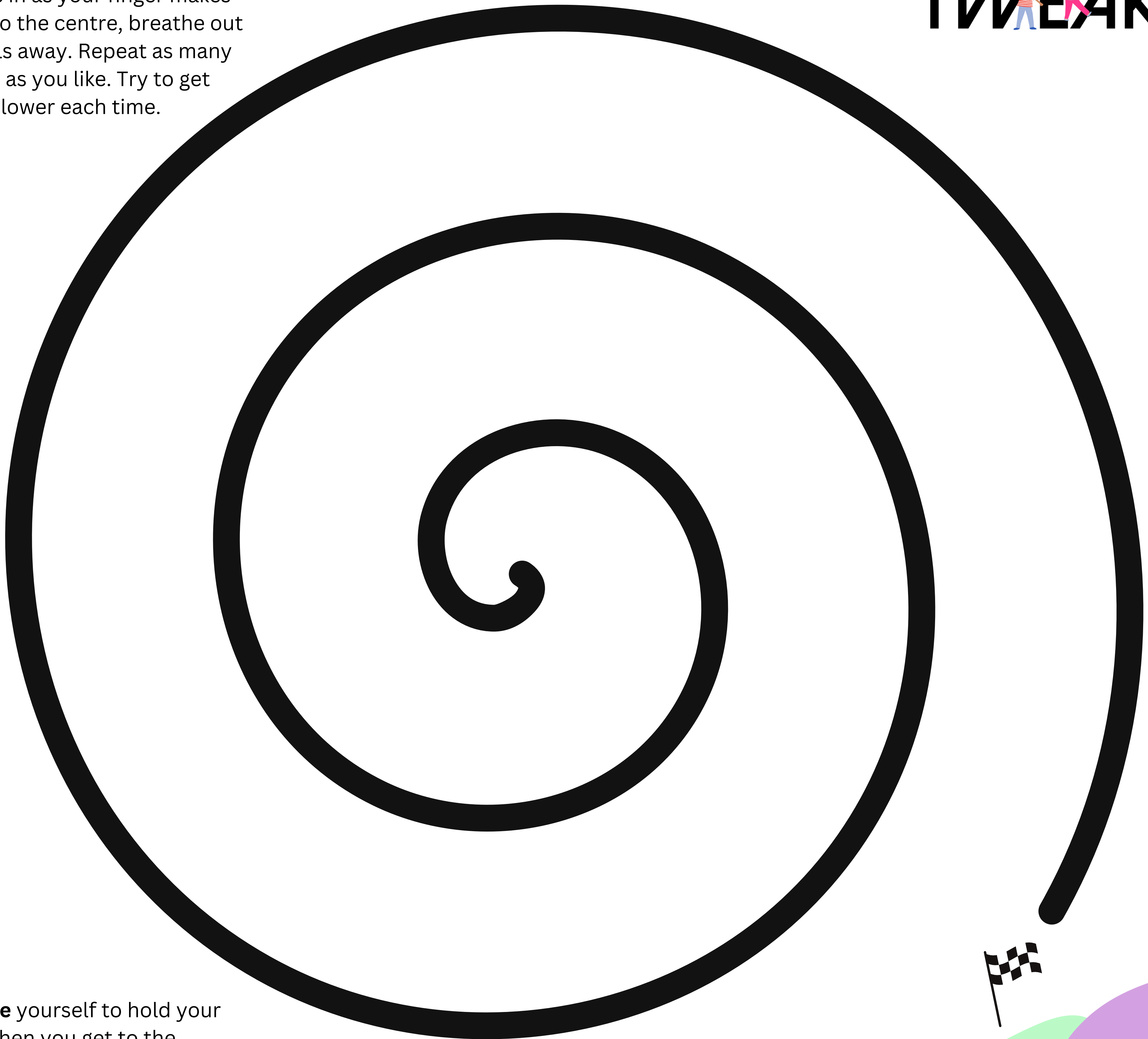
Learn breath work with the
Little Tweaks

Spiral breathing



Follow the spiral with your finger.

Breathe in as your finger makes its way to the centre, breathe out as it rolls away. Repeat as many times as you like. Try to get slower each time.



Challenge yourself to hold your breath when you get to the centre for 5 seconds, before your long and slow exhale.