



MOUNTAIN BREATHING

Purpose & Focus

Mountain breathing is super simple to remember and can be used on-the-spot when we're overwhelmed, need some space to think, and when we want to calm down to make better choices.

You can use it pretty much anywhere, at any time. The exercise anchors our awareness back to the present moment. The idea is to use the five fingers to count each breath cycle.

Participants

Any number of participants.

Time Allotment

5 Minutes (or less)

Activity Level

Low

Materials

No materials required

Method

- Hold your right hand out in front of you with your fingers spread apart.
- Use your left pointer finger to trace up and down each of your fingers on your right hand breathing in through your nose as you trace up the fingers and breathing out through your mouth as you trace down your fingers.
- Do all five fingers both directions.