

DRAGON'S BREATH





- Sit up tall, or stand keeping your spine long and straight.
- Make your hands into dragon talons and place them on your lap.
- Take in a big breath through your nose
- Open your mouth, stick out your tongue and exhale a “ROAR” of flames through your mouth.
- As you exhale, imagine all of the fire you may have been holding within you, pouring out in the flames that leave your body. When you exhale, you release these feelings from your body and thoughts from your head.