

FIRE BREATHE

- RUB YOUR PALMS TOGETHER QUICKLY & CREATE HEAT BETWEEN THE HANDS.
- BREATHE IN THROUGH THE NOSE SLOWLY.
- BRING THE PALMS OF YOUR HANDS IN FRONT OF YOUR MOUTH AND BREATHE SLOWLY OUT OF YOUR NOSE FEELING THE WARM AIR ON YOUR PALMS.
- NOW REPEAT, BUT BREATHING OUT OF YOUR MOUTH, THIS TIME.
- IS THE AIR WARMER WHEN EXITING YOUR NOSE OR MOUTH?

