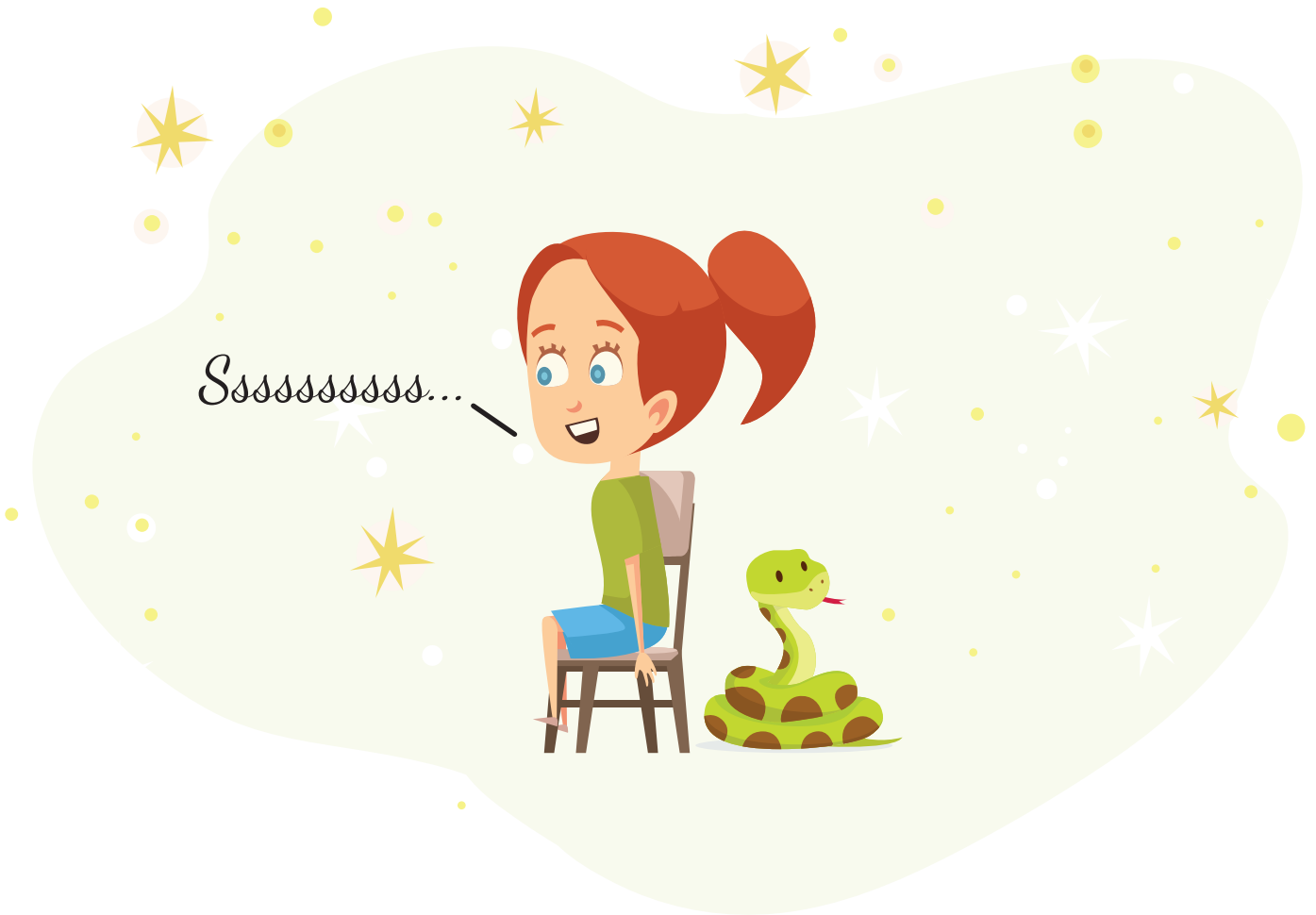


Snake Breathing



Snake Breathing Technique

Sit in a comfortable position. Inhale through your nose and exhale through your mouth, making a long 'ssssss' sound, like a snake. Try to make the exhalation last as long as you can before you inhale again.