



Breathing and reading

Try to concentrate on this text while reading and while feeling your breathing in your belly.

Before reading a sentence, you breath in by pulling your belly out. After every sentence you breath slowly out, by pulling your belly in.

You can only start with a new sentence when you have fully breathed out.

You read and read and continue breathing.

Can you feel your belly going in and out while you are reading this sentence?

Keep reading and breathing.

Can you manage to concentrate on this text while paying attention to your breathing?

Read this text a couple of times and observe what's happening.