

## Yoga breathing: Humming bee breath

Sit comfortably, with a nice, long back.



Breathe in through your nose.

As you breathe out through your nose, close your eyes and make a humming noise until all the breath has gone.

There's no need to force anything, just hum the breath out naturally.

Once you have practised a few times, you can place your hands over your eyes (like bee eyes).

If a few people practise together, you can hear the different humming sounds, like a hive of bees!

Use each day or when you are a bit grumpy, bored or stressed.

