

Find Your Courage

How to Breathe Like Maya



Put your hands on your belly and hold your back straight. Take a deep breath in through your nose.



Imagine you are trying to fill your entire body, all the way to your toes.



Slowly let the air out through your nose. Notice the way your breath feels as it leaves your body.



With each breath imagine Courage coming in and Worry going out.

If your mind wanders, this is normal, just bring your focus back to your breath.