



- A. Place your hand over the area of pain, limited breath perception, or constriction/tension.
- B. Waiting on the inhale, gently direct/"inflate" breath toward, around, and through the area, without force or strain.
- C. Sense the entire area on the exhale without expectation, but awareness and sensitivity.
- D. Repeat for \_\_\_\_\_ minutes \_\_\_\_\_ times per day.



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