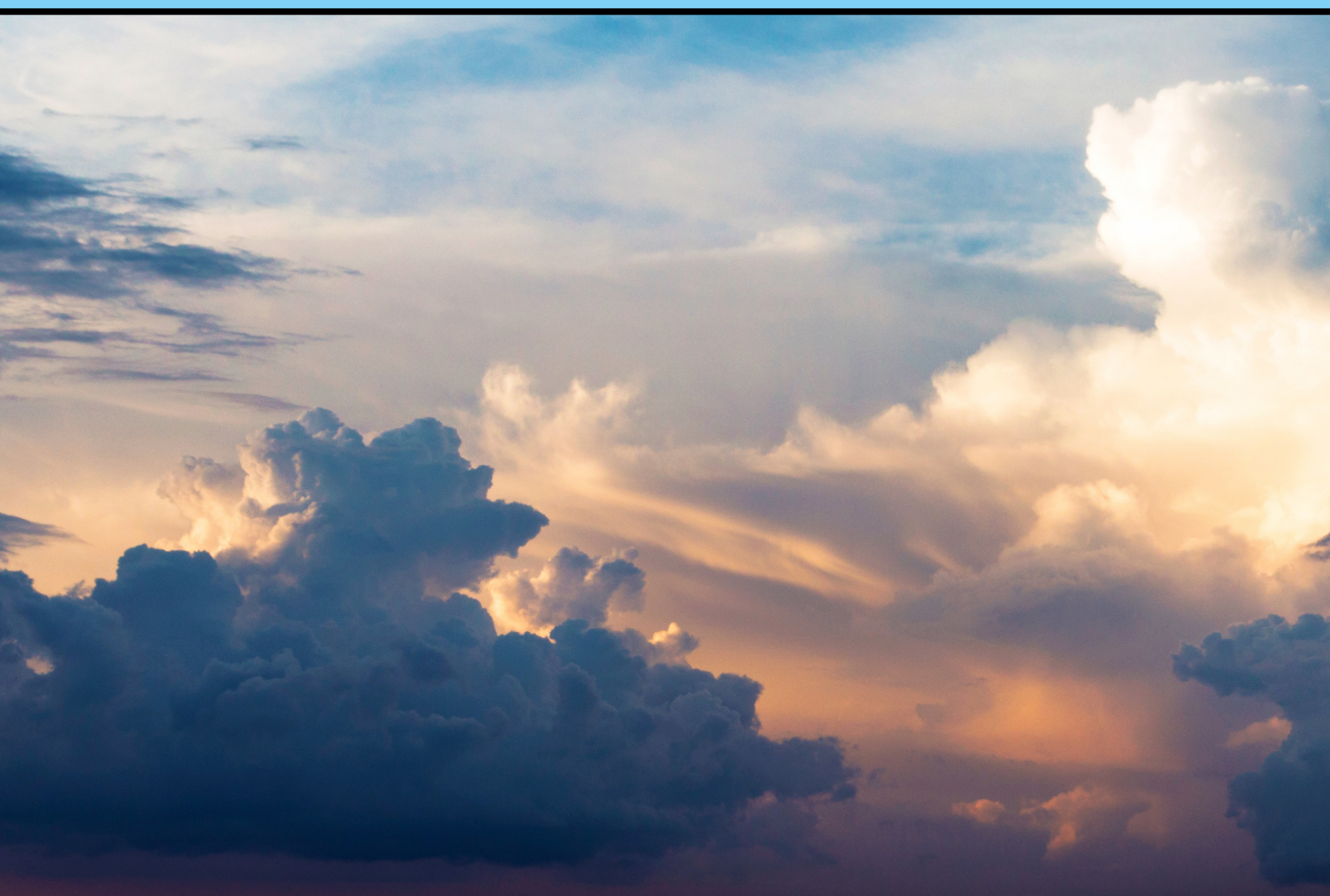# CLOUD BREATHING

Imagine lying on a soft cloud in the sky. Take slow, deep breaths in through the nose, imagining you are filling the cloud with air. Exhale slowly through the mouth, releasing the air and letting the cloud float away.