

Exercise of the Week #2: Double Rainbows

This is a great calming exercise and one of my favorites. We call it Double Rainbows.

Stand with your feet together, hands at midline with the back of hands together. Breathe in through your nose taking a big belly breath. Blow out through your mouth moving hands together to the crown of your head. Breathe in taking a big belly breath and hold for a couple of seconds. Blow out through your mouth as you straighten your arms and move them out to the side making a circle and back to the starting position. Repeat 3-5 times.

