

# CONSCIOUS BREATHING



## 3 MINUTES in 3 steps

### 1. TAP INTO SELF- AWARENESS

What are you  
experiencing  
right now?

1 min



### 2. REFOCUS ON YOUR BREATHING

Focus on the  
movements of your  
breath and feel them

1 min



### 3. OPEN UP

Pay attention to  
your entire body  
and feel it

1 min



**A stress relief  
wellness  
exercise**  
to do several  
times a day



Agir pour  
le Cœur  
des Femmes

Women's Cardiovascular Healthcare Foundation

[www.agirpourlecoeurdesfemmes.com](http://www.agirpourlecoeurdesfemmes.com)

**Henner**  
Here to care

