

# How to do Heart-Focused Breathing™

Heart-Focused Breathing is a simple activity you can do anytime, anywhere. You can do it with your eyes open or closed.

- 1** To begin, put your attention on the center of your chest or heart area. You can even place your hand on your heart if you feel comfortable doing so.
- 2** Breathe a little deeper and slower. Imagine you are breathing through your heart area. Practice for 1-2 minutes.

