



Amanda Reynolds *Counselling*

## Petal Breathing Exercise

1. With your eyes open
2. Open both of your hands wide, palms facing you and look at your hands
3. **Breathe in** for the count of “1, 2, 3, 4, 5”
4. As you **breathe in** and count **5**, close your hands and fingers in, like a flower closing
5. **Breathe out** for the count of “1, 2, 3, 4”
6. As you **breathe out** and count **4**, open your fingers and palms, like a flower opening it's petals
  
7. Next **breathe in** for the count of “1, 2, 3, 4”
8. As you **breathe in** and count **4**, close your hands and fingers in, like a flower closing
9. **Breathe out** for the count of “1, 2, 3”
10. As you **breathe out** and count **3**, open your fingers and palms, like a flower opening it's petals

***Repeat** this process as many times as necessary. Take your time and notice how you feel afterward.*