



Humming

- Find a position that works for your body today.
- Breathe in through your nose in whatever way feels okay.
- Hum on the exhale, at whatever volume or pitch feels right for you. If humming doesn't feel okay, you can hum silently inside.
- Notice where you feel the sound in your body, if at all.
- Stay as long as you like, then return to where you are.