

Shark Fin

Place the side of your hand on your forehead, with your palm facing out to the side. Close your eyes and focus on your breathing. Breathe normally. Start to slowly slide your hand down your face...in front of your nose...and as you get to your mouth say “shhhh” and let all the air out. You can open your eyes.

<https://www.youtube.com/watch?v=groqciMogvY> for demonstration