

Bee or Snake Breathing

Purpose: breathe-based, regulation and for slowing and calming

Engages: brainstem, cerebellum, limbic area, cortex, medial pre-frontal cortex

Suitable for individuals or pairs

Imagine you are a slippery snake or a buzzing bee

Take a big breath in through your nose and breathe out through your mouth.
As you breathe out, make the noise of either a snake “sssssssss” or a bee
“bzzzzzzzz”

Repeat 5 times

