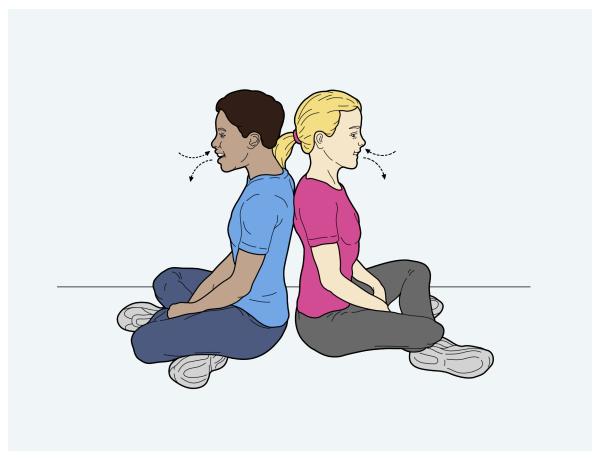
Activity 33: Back-to-back breathing



- 1. Find a partner and sit on the floor cross-legged, back to back. Sit up tall and close your eyes if you want to.
- 2. Start to breathe in through your nose and out through your mouth.

Where did you feel it in your body?

3. Now repeat the activity, but this time focus on syncing your breath with your partner by feeling the movement in your partner's back.

What change did you notice in your body after focusing on trying to match your breathing with your partner's breathing?