

## Disanje

**Udisaj** – udisati polako kroz nos, staviti ruku na usta kako ne bi mogli udisati na usta

Primjeri – zrna kave, kora naranče, vrećice različitog čaja



## Izdisaj

**3+ godine**



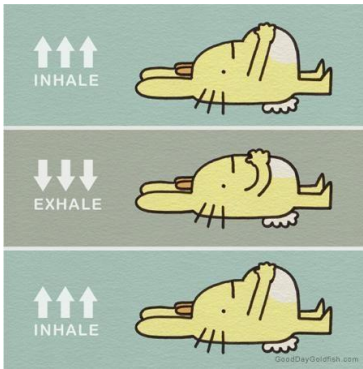
**8+ godina**



**11+ godina**



## Abdominalno dihanje



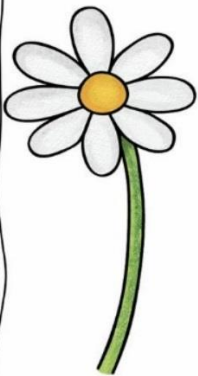
When I take a deep breath,



I smell a  
flower,



Then blow out  
a candle.



### **BREATHE IN**

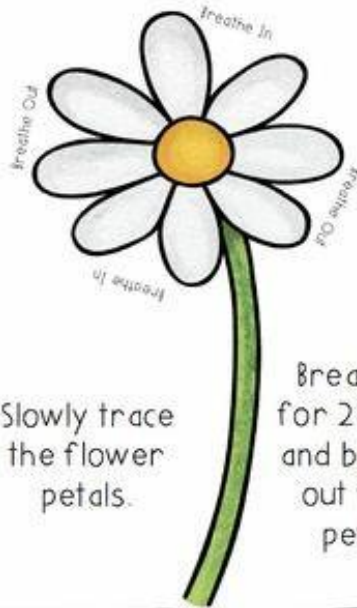
Pretend you  
are smelling a  
flower.



### **BREATHE OUT**

Pretend you  
are blowing a  
leaf.

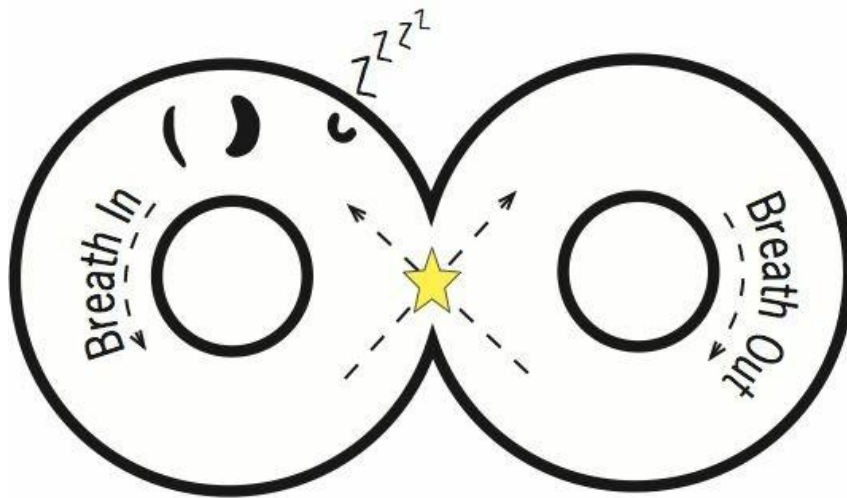
### **Flower Breathing**



Slowly trace  
the flower  
petals.

Breathe in  
for 2 petals,  
and breathe  
out for 2  
petals.

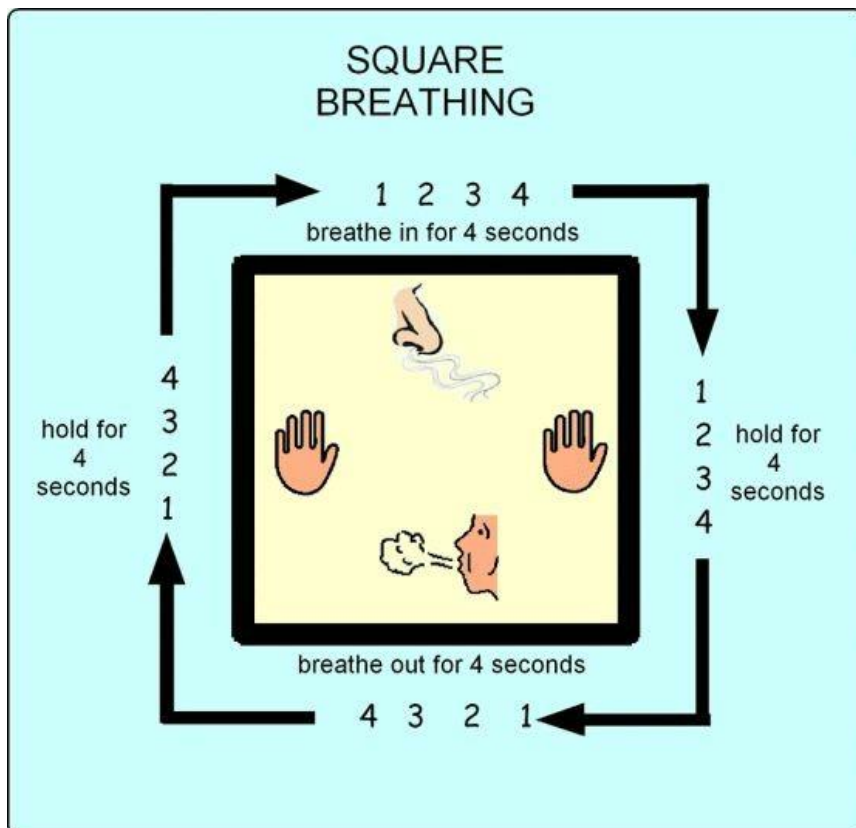
# Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.



# Star Breathing

Breathe in, hold at the point, and breathe out.  
Follow your way around the star.

