

Five Finger Meditation

- Hold up one hand in a starfish position (fingers spread wide like in the picture)
- Gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.
- You could start with the thumb and breathe in, then once you reach the bottom of the index finger, breathe out, until you have reached the tip.
- Continue this until you have reached the end of the little finger and you can repeat on the different hand.

