

5 FINGER BREATHING



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

ANADLU BYSEDD



Traciwch y tu allan i'r llaw yn araf gyda'r bys rhifol, gan anadlu i mewn wrth i chi dracio i fyny bys ac anadlu allan wrth i chi dracio i lawr.

Gallwch hefyd wneud ymarfer anadlu hwn gan ddefnyddio eich llaw eich hun.