

# SNAKE BREATHING

## BRAIN BREAK



- Sit in a comfortable positions.
- Inhale slowly through your nose for 8 seconds.
- Hold your breath for 4 seconds.
- Exhale through your mouth
- while making a hissing sound for as long as you can.
- Pause for a few seconds before you inhale again.

Practice 3-7 times for a boost of energy and relaxation.

# ANADLU FEL NEIDR



- Eisteddwch yn gyfforddus.
- Anadlwch yn araf trwy'ch trwyn am 8 eiliad.
- Dal eich anadl am 4 eiliad.
- Anadlwch allan trwy'ch ceg wrth wneud sŵn hisian mor hir â phosibl.
- Seibiwch ychydig eiliadau cyn anadlu eto.

Gwnewch hyn 3-7 gwaith