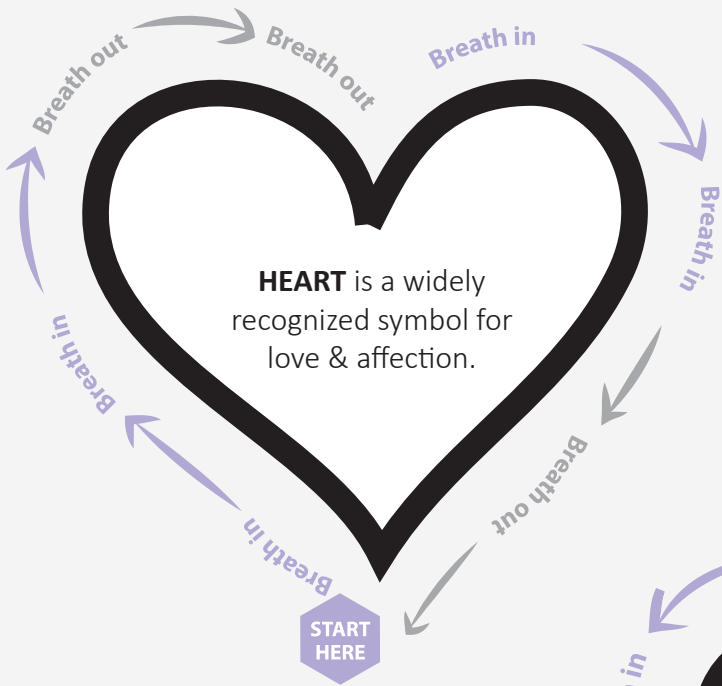


# SHAPES BREATHING EXERCISES

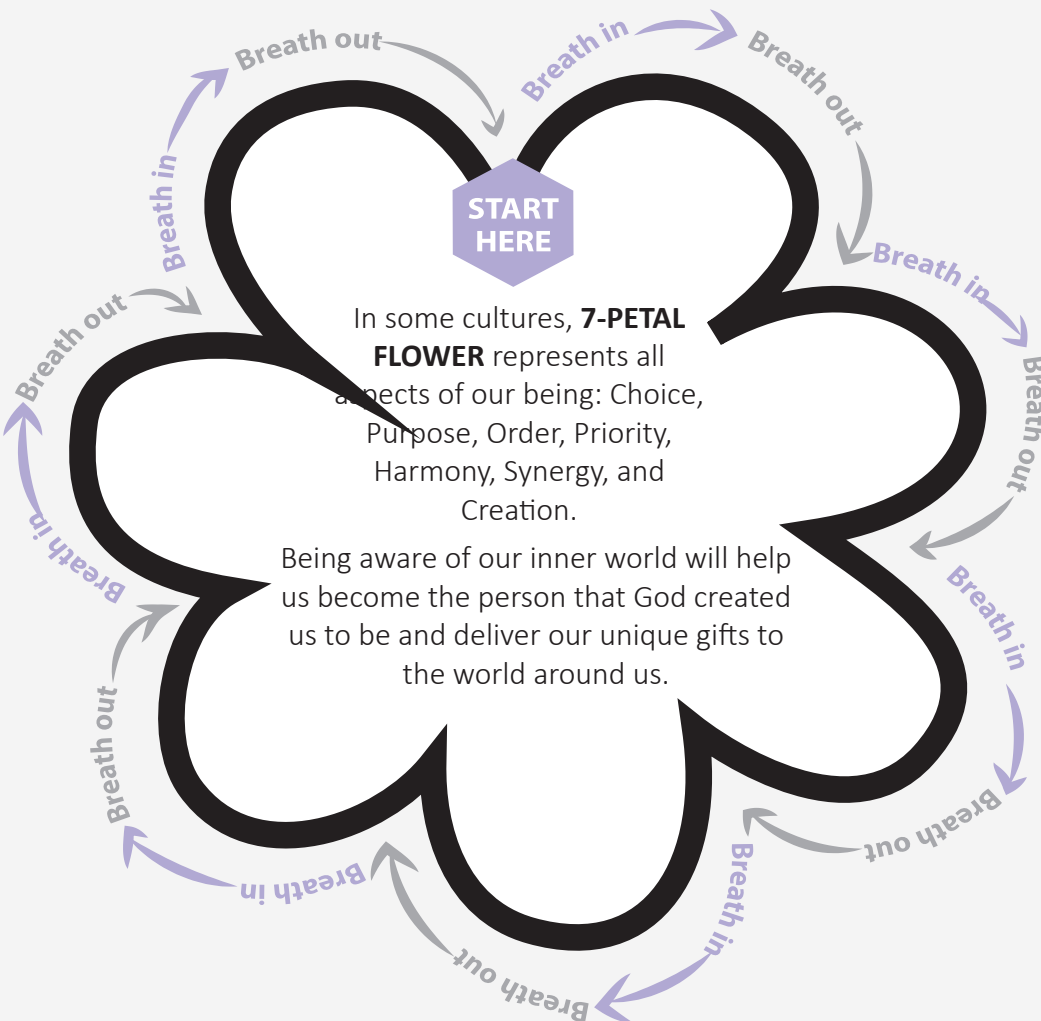
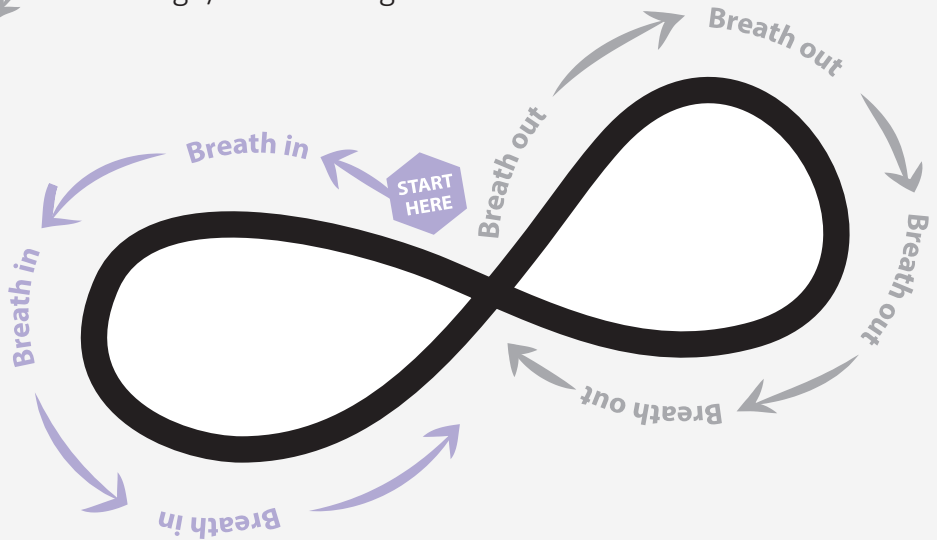
The goal of shape breathing exercise is to remove the focus from the anger or anxiety outburst, moving the attention towards a different activity that requires concentration and precision.

Start with placing your finger on the "START HERE" symbol and take a deep breath in, trace your finger along the path, then breath out when the sign/arrow changes.



**HEART** is a widely recognized symbol for love & affection.

In mathematics, **INFINITY** represents "many" or infinite quantity. Spiritually, this symbol can carry the meaning of regeneration and eternal life. It can also refer to the boundless and unlimited capacity of God and Divine Love.



In some cultures, **7-PETAL FLOWER** represents all aspects of our being: Choice, Purpose, Order, Priority, Harmony, Synergy, and Creation.

Being aware of our inner world will help us become the person that God created us to be and deliver our unique gifts to the world around us.

Which shape helps you take longer breathing?

Which one allows for shorter breathing?

Which shape is best to calm you down?

Which shape is best to help you focus?

Which shapes work best for you at this moment?