

## **Interlaced Finger Breath**

Stand with feet hip width apart and knees bent.

- 1. Interlace fingers under the chin, keeping elbows together at chest.
- 2. As you inhale look up and open elbows as wide and as high as possible.
- 3. Exhale to lower elbows and head to starting position.

Repeat 5 - 10 times.





