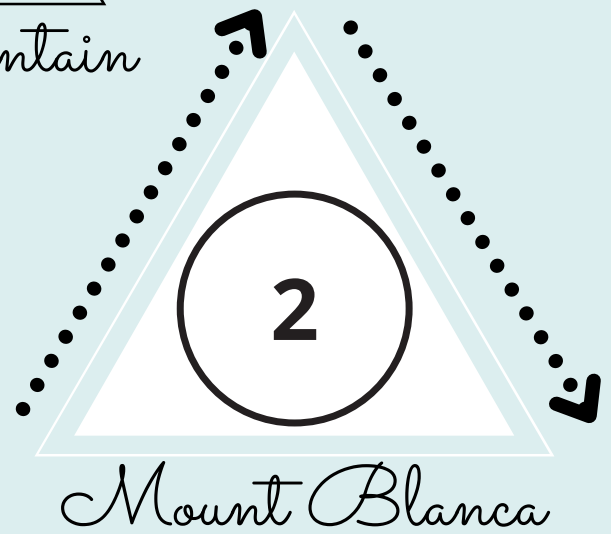


# Breathing Exercise

Using Four of the Navajo Sacred Mountains



## Instructions:

1. Use your finger to trace the dotted lines around each mountain.
2. Start at Mountain 1.
3. Breathe in going up the mountain. Breathe out going down the mountain.
4. Continue doing this for Mountains 2, 3 & 4.
5. Repeat as many times as you need.

