



1. Find a partner and sit on the floor cross-legged, back to back. Sit up tall and close your eyes if you want to.
2. Start to breathe in through your nose and out through your mouth.

*Where did you feel it in your body?*

3. Now repeat the activity, but this time focus on syncing your breath with your partner by feeling the movement in your partner's back.

*What change did you notice in your body after focusing on trying to match your breathing with your partner's breathing?*